

OACA Newsletter

SUMMER 2020



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DIRECTOR'S CORNER

Rob Younger, OACA Executive Director



This school year, the OACA has been celebrating its 85th year of serving high school coaches in our state. Over the past three months, the global turmoil has been described by many as the most challenging crisis we as a nation has faced since World War II. Yet, where there is a crisis, there is opportunity. As we continue to navigate through these difficult times the OACA would like to say thank you for all the hard work you have put in to making sure your family, peers and student-athletes are taken care of and reminding them that they have your support. In the coming months this may be the greatest window of opportunity for leveraging our influence that any of us may experience in our coaching careers. How during these difficult times are you adding value to others lives? Leadership author, John Maxwell, says, *"People who add value to others do so intentionally. To add value, leaders must give of themselves, and that rarely occurs by accident."* If there is one way to increase your influence, especially when others are struggling, it is through encouragement. As coaches, think about how we can show grace, compassion and encourage the people we encounter each day. **#KidsNeedCoaches Now More Than Ever**

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. A highlight of this month's newsletter is having three *"Where Are They Now?"* articles written by past OACA Scholarship recipients. Brother and Sister, Beau (HS Class of 2008) & Danielle Walker (Class of 2012) along with Courtney McGrath (Class of 2016) update us on their college and career experiences. Laura Erickson, our new Office Manager, has done an outstanding job of publishing her first OACA Newsletter. She has been an outstanding addition to our leadership team.

We are disappointed that we had to cancel our annual Awards Banquet due to the State's regulations and the availability of our Banquet facility at the University of Oregon. Each year it is a highlight to honor over 350 coaches and their family members. We are pleased to announce that we are honoring twelve "Class of 2020" graduates with \$1000 student scholarships. In 1986 the first OACA "Coach of the Year" Banquet was held with 50-60 coaches in attendance. From 1986-1996 the Executive Board chose four \$1000 scholarship award winners, two boys and two girls. Since 1997 eight \$1000 scholarships are given to our member's graduating sons and daughters annually. We provide two additional scholarship opportunities. The "Coach Dave Johnson" Scholarship, sponsored by Dave Dowling in honor of Coach Johnson's meaningful impact on his life as a young student athlete and the OACA "Director's and Presidents" Scholarship. Our selection committee reviewed over 50 quality applications. For a complete list of all the scholarship award winners see page 5 of the newsletter. Including this year's scholarship award winners, a total of over \$250,000 has been awarded to OACA families over the 35 years of the scholarship program. We greatly appreciate our Sponsors, BSN Sports, Pacific Office Automation, Oregon Army National Guard, Hudl, MaxPreps, Adrenaline Fundraising, Prime Time Sports, Oregon State Credit Union and the Sheraton/Pollin Hotels who provide funds that go directly to our scholarship recipients. We are proud to honor 2019-20 "Coaches of the Year", "NFHS Coaches of the Year" and "Years of Service" Award Recipients that are listed in the Newsletter.

We are fortunate to have a dedicated Executive Board who are committed to representing all sports and classifications. Aimee Esplin, Adrian HS did an excellent job of leading this year's Board as President and we look forward to Tony Smith, St. Paul HS taking over as President for the 2020-21 School Year. We look forward to welcoming two new Executive Board Members, Marji Lind, Powder Valley HS representing the 1A Classification and Parker McKinley, LaGrande HS, 4A Classification representative. We would like to thank outgoing Board Members, Chris Roche, Wilsonville HS and Levi Webber, Philomath HS for their outstanding service. We are pleased that both will be continuing as Sport Chairs. Please refer to our website for a complete list of Executive Board members and Sport Chairs.

Melissa Chambers, OACA Office Manager for the last seven years, has chosen to change her career path. Due to her outstanding contributions and service to the OACA and our members we have chosen to honor her with this year's "Marv Heater" Distinguished Service Award.

The OACA is here to SERVE!

If we can ever be of assistance, please contact us.

Wishing you a GREAT & SAFE SUMMER!



DIRECTOR'S CORNER

Chris Knudsen, OACA Associate Director

I find it very ironic that in 2020, which signifies perfect vision (20/20), we have not been able to SEE you!! It has certainly been a tough year, but what we have found is that players really want to SEE their coaches. Coaches have probably been more important to student-athletes in the past 4 months than ever before. We applaud you for being there for your players and for adapting and staying positive in times of adversity. We SEE the great things that the coaches are doing around the state.

Unfortunately, we had to cancel our OACA banquet last month, but we were still able to honor some Coaches of the Year that have been published. However, I would like to bring your attention to one award that wasn't published. The OACA Executive Director, Rob Younger, has been selected as the NFHS Citation Award winner for 2020. This is a very deserving and prestigious award. It goes to one individual in the country each year. It recognizes Rob for his many outstanding contributions to the coaches and athletes in our state, as well as, for his contributions nationally. He currently serves as the Director of USA Football's Alliance Committee, he has served as President of NOCAD, has been on numerous committees, and is highly respected and sought out from people around the country. This is a huge award and we are very proud of all Rob has accomplished. Congratulations, Rob!!!

We would like to give special thanks to our OACA sponsors. Please thank them when you have the opportunity as they allow us to keep the cost of your dues down. They are listed in this newsletter and are very helpful to our organization. Pacific Office Automation as a Platinum Sponsor and Oregon Army National Guard as a Gold Sponsor are two that have stepped up BIG for us. We thank them very much!!

Also, in this newsletter, you will find information about membership for next year. For only \$50 or \$65 if you want the Gold Card, you can receive many benefits, but, one of the benefits is a \$2 Million Liability Insurance. I personally think every coach should have this added protection in this day and age. Every AD or Head Coach should make sure their coaches are covered. Please encourage your other coaches to join.

ROLE MODELS

I'd rather watch a winner, than hear one any day.
I'd rather have one walk with me, than merely show the way.
The eye's a better pupil and more willing than the ear.
Fine counsel is confusing, but example's always clear.
And the best of all the coaches are the ones who live their deeds.
For to see the truth in action is what everybody needs.
I can soon learn how to do it, if you'll let me see it done.
I can watch your hands in action, but your tongue too fast may run.
And, the lectures you deliver may be very wise and true.
But, I'd rather get my lessons by observing what you do.
For I may misunderstand you and the high advice you give.
But there's no misunderstanding how you ACT and how you LIVE.
I'd rather watch a winner, than hear one any day.

Adapted from Edgar A. Guest's poem, "Sermons We See" re-written by: Denis Waitley

2020 OACA YEARS OF SERVICE AWARDS

Years of Service honorees are OACA members who have reached a milestone year in their coaching career. We honor coaches who have reached their 25, 30, 35, 40, 45, 50, 55th year in coaching. Below is a list of our 2020 Years of Service Honorees.

25 YEARS

Monica Anderson
Jason Ashley
Randall Barleen
Tom Bohlman
Alan Boschma
Michael Bottaro
Brian Brancato
James Broadous
Andrew Coddling
Cris Converse
Amy Cordiner
Steve Eastburn
Richard Faust
Brad Harvey
Patricia Herron
Rod Heyen
Rob Hill
Shane Kessler
Kim Kiser
Don Lien
Josef Peter Lohonyay
Mike Long
Jason Maki
Tony Matta
Mike Mayben
Marc McAvoy
Carlos Menezes
Staci Miethe
Diana Miller
Tim Mohr
Grant Nelson
John Roady
Nathan Schmitt
Kevin Shafer
Bill Shaw

Shawn Stanley
Calvin Stark
Peg Swadener
Todd Thompson
Bob Wismer
Brett Wolfe
Brandy Wormdahl

30 YEARS

David Abderhalden
J.D. Alley
Lowell Anderson
Roland Aumueller
Joe Baumgartner
Will Becker
Tony Bush
Sandy Dickerson
Dan Fritz
Monty Hawkins
David Heard
Kim Horn
Jimmy Howerton
John Kuchnel
Rod Kuykendall
Steve Lander
Jack Martino
W.F. McNeil
Wes Montgomery
Jim Poetsch
Don Riggs
Kent Rilatos
Joseph Rivelli
Mike Royer
Howard Rub
Antoine Shired
C. Terry Shrout

Gary Slater
Dan Tow
David Turnbull
Mychal Williams

35 YEARS

Rob Allen
Cindy Anderson
Allen Bingham
Les Charles
Clair Costello
Doug Hislop
Blake Jones
Lou Marconeri
Rex Meshelle
Pat O'Dell
Brad Pinkstaff
Rick Priester
Tom Rothenberger
Adam Sarancik
Paul Sha
Cistie Shaffer
Scott Shannon
Pat Turnidge

40 YEARS

Michael Crawford
Les Duman
Paul Fiskum
Dave Hood
Tracy Jackson
Gordon Jarman
Gary Meininger
Bruce Myers
John. C. White
Dave Winters
Ted Yates

45 YEARS

Rick D. George
Mark Peterson
Robby Robinson
Hank Tautfest
Steven J. Thompson
Clif Wegner
Rob Younger

50 YEARS

Jerry Johnson
Galen Carlile
Bruce Vogel
John Mattila

55 YEARS

Dennis Ludwig
Royce McDaniel

NFHS COACH OF THE YEAR AWARD WINNERS

NFHS Section 8 Coaches of the Year

Steve Coury, Lake Oswego HS - Football (11-Player)

Chad Reeves, David Douglas HS - Boys Basketball

Jay Campbell, Crater HS - Baseball

Leroy Sanchez, Woodburn HS - Boys Soccer

Mike Simons, Thurston HS - Wrestling

Bobbie Steninger, Lakeview HS - Boys Cross Country

Dave Brown, Newberg HS - Boys Tennis

Shari Pimental, Marist Catholic HS - Volleyball

Sandy Fisher, Ridgeview HS - Softball

Rebecca Martin, Westview HS - Girls Cross Country

Bryan Lurie, Sunset HS - Girls Tennis

Kevin Klabunde, St. Mary's HS - Girls Golf

Courtney Marstall, South Albany HS - Spirit



NFHS Oregon State Coaches of the Year

Terrel Smith, Sherwood HS - Boys Track & Field

Brad Harvey, Beaverton HS - Boys Golf

Gus Arzner, Lebanon HS - Boys Swimming & Diving

Chris Johnson, Siuslaw HS - Girls Track & Field

Steve Naylor, Tigard HS - Girls Basketball

Steve Fennah, Jesuit HS - Girls Soccer

2019-2020 ALL-SPORTS WINNERS

6A Jesuit HS

4A Marist Catholic HS

2A Kennedy HS

5A Crescent Valley HS

3A Catlin Gabel School

1A St. Paul HS

2019-2020 OACA COACHES OF THE YEAR

Baseball

6A Colin Griffin, Jesuit HS
5A Tom Roberts, Central HS
4A Joe Baumgartner, Banks HS
3A Bo DeForest, La Pine HS
2A/1A Dave York, Umpqua Valley Christian HS

Basketball, Boys

6A Tom Johnson, Barlow HS
5A Jamie McCarty, Silverton HS
4A Blake Ecker, Philomath HS
3A Edward Kirk, Oregon Episcopal School
2A Eddie Townsend, Toledo HS
1A Jason Young, Triad School

Basketball, Girls

6A Tom Cole, South Medford HS
5A Justin Duke, Wilsonville HS
4A Ben Silva, Philomath HS
3A John Blodgett, Clatskanie HS
2A Kerry Hall, Kennedy HS
1A Stub Travis, Crane HS

Cross Country, Boys

6A Jacob Michaels, Franklin HS
5A Hans Voskes, Ashland HS
4A Joe Fulton, Philomath/Kings Valley HS
3A Dan Moody, Enterprise/Joseph/Wallowa HS
2A-1A Tim Tsuei, St. Stephens Academy

Cross Country, Girls

6A Carol McLatchie, Summit HS
5A Mark Hulburt, Corvallis HS
4A Chase Wells, Marist Catholic HS
3A-1A Andrea Letham, Burns HS

Football

6A Steve Pyne, Central Catholic HS
5A Justin Starck, Thurston HS
4A Rich McIlmoil, La Grande HS
3A Matt Bain, Santiam Christian HS
2A Greg Grant, Heppner HS
1A Bill Wortman, Adrian/Jordan Valley HS

Golf, Boys

6A Jay Minsker, Jesuit HS
5A Kelly Gallagher, Crescent Valley HS
4A Michael Boettger, Marist Catholic HS
3A-1A Missy Smith, Oregon Episcopal School

Golf, Girls

6A Michele Gray, Jesuit HS
5A Dave Curtis, Pendleton HS
4A-1A Kevin Klabunde, St. Mary's School

Soccer, Boys

6A Ty Kovatch, Franklin HS
5A Seth Altshuler, La Salle Prep
4A Leroy Sanchez, Woodburn HS
3A-1A Peter Shulman, Catlin Gabel School

Soccer, Girls

6A Steve Fennah, Jesuit HS
5A Blake Leamy, Crescent Valley HS
4A Andrea Whiteman, Woodburn HS
3A-1A Chris Dorough, Catlin Gabel HS

2019-2020 OACA COACHES OF THE YEAR

Softball

6A Mike Faulconer, Sheldon HS
5A Sandy Fischer, Ridgeview HS
4A Woody Wright, La Grande HS
3A Kevin Sprague, Clatskanie HS
2A/1A Jesse Rice, North Douglas HS

Swimming, Boys

6A Christy Todd, Roseburg HS
5A Megan Murphy, Churchill HS
4A-1A Angie Sremba, Newport HS

Swimming, Girls

6A Lisa Leslie, Aloha HS
5A Rex Watkins, Crescent Valley HS
4A-1A Spencer Crum, Catlin Gabel HS

Tennis, Boys

6A Jeff Wood, Jesuit HS
5A Nathan Saito, Redmond HS
4A-1A Hedy Jackson, Catlin Gabel HS

Tennis, Girls

6A Bryan Lurie, Sunset HS
5A Donna Keim, Corvallis HS
4A-1A Jeff Priske, Marist Catholic HS

Track & Field, Boys

6A Hashim Hall, Tualatin HS
5A Blake Kemp, North Bend HS
4A Kurt Hargett, Newport HS
3A Joe Volk, St. Mary's School
2A Kellen Peters, East Linn Christian Academy
1A Kevin Farrel, Dufur HS

Track & Field, Girls

6A Steve Richards, South Eugene HS
5A Don Berger, North Salem HS
4A Terry Larson, Hidden Valley HS
3A Joe Volk, St. Mary's School
2A Dan Moody, Enterprise HS
1A Kelly Skerjanec, Adrian HS

Volleyball

6A Teresa Zimmerlee, Jesuit HS
5A Randi Viggiano, Ridgeview HS
4A Becky Kemper, Valley Catholic HS
3A Kelli Fitzpatrick, Santiam Christian HS
2A Laura Beyer, Kennedy HS
1A Lesli Hiller, St. Paul HS

Wrestling

6A Neil Russo, Newberg HS
5A Jake Gonzales, Crook County HS
4A Steve Thorpe, Sweet Home HS &
Klel Carson, La Grande HS
3A Tyler Swartzlender, Burns HS
2A/1A Bo Hampton, Reedsport
Community Charter School

Girls Wrestling

Girls Mike Simons, Thurston HS

2019-2020 OACA Scholarship Winners

The OACA annually awards eight \$1,000 student-athlete scholarships to HS graduating sons and daughters of OACA members. Scholarship applications are reviewed by the OACA Executive Board, who evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service.

The following are our **2019-2020 OACA Scholarship Winners**:

Ellen Basinski, Centennial High School
Sienna Bauer, Phoenix High School
Grant Bucheit, Silverton High School
Olivia Flack, La Pine High School
Kellen Grant, Heppner High School
Abigail Knoll, West Salem High School
Irelyn Stanley, West Salem High School
Casey Tow, Sweet Home High School

In addition to the eight \$1,000 student-athlete scholarships, the **The Coach Dave Johnson Scholarship** is awarded to a college-bound student-athlete who has overcome obstacles in his or her personal life in order to reach a level of success, both on and off the field of play, that makes them a credit to their team, school and community. This scholarship is sponsored by Dave Dowling, South Salem HS graduate, in honor of Coach Johnson's meaningful impact on his life as a young student-athlete. The following are our 2019-2020 **Coach Dave Johnson Scholarship** awardees:

Bryce Boettcher, South Eugene High School
Ibeth Gomez, Kennedy High School
Sebastian Law, Corvallis High School

In 2019, we were pleased to add a new scholarship—the **OACA Director's and President's Scholarship**. The purpose of this scholarship, created with support from Jennifer & Jarod Teeter and funded by former OACA Directors and Presidents, is to recognize a deserving student-athlete who meets the following criteria:

- Outstanding character, sportsmanship and leadership—a student-athlete who truly stands out among peers
- Emphasis place on pursuing a career in education
- Emphasis given to multi-sport athlete

The recipient of the 2019 OACA Director's & President Scholarship is **Bailey Dickerson** of Mountain View HS.

OACA MEMBERSHIP 2020-2021

Membership dues will remain the same this year. Our membership dues are:

Gold Card Membership - \$65 (must be ASEP/NFHS Certified)

Retired Gold Card Membership - \$55 is offered to retired coaches who are no longer coaching or teaching and have coached at least ten (10) years at the MS, HS or college level.

Regular Membership - \$50 (does not require ASEP or NFHS Certification)

There are many benefits to being an OACA member. A \$2,000,000 liability insurance benefit that covers you for all coaching and teaching activities in/out of season, camp insurance eligibility, reduced-fee sports clinics, OACA e-newsletters, representation for each sport/class to the OSAA for the purpose of improving high school athletics, recognition at our annual awards banquet, state and national awards, eight \$1,000 student scholarships for high school graduating sons and daughters of our members, and a \$50,000 sexual abuse coverage for litigation cost to member who was unjustly accused..

Please Note: Only the Gold Card & Retired Gold Card admits you to High School/OSAA events.

You will receive your Gold Cards electronically through an email from the OSAA Website, Subject line: "2020-21 OSAA Gold Card." The email contains a link for your card and instructions on how to save the link to your mobile device. **We recognize that some members do not have a smart phone. Membership hard copies are available for those individuals. Both the Digital and Hard Copies are valid for admission into HS/OSAA events.** If your phone is unable to process a digital card, contact our office @ 541-928-2700 or ocarob@gmail.com.

OACA Liability Insurance Info:

As we start summer workouts, questions have emerged concerning our Membership liability insurance policy that is provided to each member. Below is a statement from our Insurance Provider, Greg Joly of Loomis & LaPann.

*"As coaches start to work with their athletes make sure they follow all guidelines that have been mandated by state and local agencies, and your school district to the letter when working with student athletes. Coaches must follow their state's guidance and procedures regarding gathering teams, etc. Though the source of an infection may not be provable there is certainly no prohibition on people suing coaches and the consequence is going to be litigation costs, regardless of the outcome. Your liability insurance coverage would not remain in place if a coach violated a state, state athletic agency, or school system policy." **Greg also said if a coach has a specific question to please contact him at 1-(800)-566-6479.***

The liability coverage policy period is August 1 – July 31. It covers the coach during their season, off-season workouts, and during summer activities. College and Youth Coaches are not covered by the Liability Insurance policy, the policy only covers High School and Middle School Coaches. As a 2019-20 OACA Member you are covered during this summer's activities. After July 31, our new membership year will begin and you will need to sign up again to be covered Aug. 1st, 2020-July 31st, 2021. With the summer waiver being extended through August 7th, you will want to make sure that you get yourself registered right away for the new school year so you have no lapse in your insurance.

It is in your best interest to sign up for your membership at the beginning of each membership year and take advantage of the entire membership year. It does not matter if you coach a winter or spring sport, you can sign up for your membership as soon as the new school year opens and have the benefit of your insurance for the entire membership year that also covers you when you are in the classroom. Online Membership Registration for the 2020-21 school year will begin on July 1st @ www.oregoncoach.org



OSAA UPDATE

Peter Weber
OSAA Executive Director



As the OSAA, we are disheartened and deeply troubled by recent events and stand with our school communities in affirming our shared humanity. Our collective strength as a community is grounded in our racial, cultural, and ethnic diversity.

School activities offer the chance to reveal the best within each of us and an opportunity to be human to each other. Over the past year, as the leader of interscholastic activities in Oregon, we have taken intentional steps to create welcoming and inclusive environments at events but recognize the critical need to do better.

As an Association we renew our commitment to act with love, purpose and understanding as we endeavor to disrupt racism and discrimination together.

For the past year, the OSAA has been working collaboratively with ODE, COSA, OASC, OSBA, OEA and community partners including students, educators and administrators. Through this collaborative effort, we have begun developing an initiative that we are planning to share with our schools in the Fall of 2020. The STAR Initiative (Safety, Tolerance, Acceptance and Respect) is built around racial equity awareness, action and resources on how to prepare for, educate and interrupt discriminatory behaviors occurring during high school events. This initiative is designed to provide the context identifying the need to continue the education with all students and the ways in which action can be taken safely and respectfully. We are excited to share this work with our Association as we want to work together to develop a culture that displays all aspects of the initiative when schools are competing. Students deserve an environment where they feel safe, and where tolerance, acceptance and respect are emphasized throughout their experience. We expect our schools to come together and continue their equity work through both their district provided resources as well as this intentional effort focused on athletics and activities.

The past few months have certainly been a difficult and trying time for our member schools and communities throughout the state. From the COVID-19 pandemic that struck the world to the March 13 shutdown of Oregon schools and high school activities, ultimately for the remainder of the school year. The OSAA and the Executive Board are working to find solutions to provide participation opportunities for students going forward. We remain committed to exploring every concept for students to reengage with their schools, their coaches and their teammates. To that end, the OSAA has formed Contingency Groups to review Fall sports and activities and provide recommendations to the Executive Board and staff. Find out more information on the work of these groups at www.osaa.org/contingency.

Now more than ever before, people understand the importance schools have on our world and the benefits that come from being connected with fellow students, teachers, and coaches. High school activities are an extension of that connection and will play a vital role in promoting positivity for students getting back to our collective “new normal”. As more information becomes available from the Oregon Department of Education, the Governor’s Office and the Oregon Health Authority throughout the summer, we will distribute information to schools regarding sports/activities for the 2020-21 school year.

WHERE ARE THEY NOW?

By Beau Walker 2008 OACA Scholarship Recipient

My name is Beau Walker and I am from Bend, Oregon. I am a proud recipient of the 2008 OACA Scholarship. I attended Bend Senior High School, where I was a three-sport athlete. I lettered in football, baseball, and basketball from 2004 to 2008. I was fortunate to be a part of two quarterfinal teams in football (2006) and baseball (2008), and one semifinal team in football (2007). I was blessed with great mentors as coaches starting with my father Craig Walker (Football), Don Hayes (Basketball), and Brian Crook (Baseball). These men instilled the values that the OACA represents, which gave me a great appreciation for this organization and a reason why I pursued coaching as a career.



After graduation I went on to Oregon State University, where I worked for Mike Riley and the Oregon State football program while receiving a degree in Exercise and Sports Science. I was an Undergraduate Assistant for four years, working with a different position group on offense each year, which allowed me to gain a great understanding and knowledge of the game of football. I had the privilege of learning from numerous coaches that include Danny Langsdorf, Jay Locey, Reggie Davis, Brent Brennan, Mike Cavanaugh, Ryan Gunderson, and Nick Halberg. In 2012, I became a Graduate Assistant working with Quarterbacks and Offensive line for the next three seasons. I moved with Mike Riley and the coaching staff to the University of Nebraska for one season in 2015. In that season I was a Graduate Assistant working with Quarterbacks and Running Backs. Nebraska will always be a special place in my life not because of the great history, but also because that is where I met my wife.

I took my first full-time coaching position in 2016 as the Running Backs and Tight Ends coach with the Ottawa Redblacks of the Canadian Football League. I coached with the Redblacks for four seasons from 2016-2019. We won the 2016 Grey Cup Championship defeating the Calgary Stampeders in overtime 39-33. We went back to the Grey Cup in 2018, but unfortunately lost to Calgary. I was lucky enough to coach a two-time CFL East All-Star William Powell, who was the first Ottawa running back to rush for 1,000 yards in back to back seasons. I most recently took a job in Vancouver, BC with the British Columbia Lions as the Running Back and Tight Ends Coach. As we wait to see what this upcoming season will be, I am hoping for the best that games will be played.



My wife, Kayla, and I were married in her hometown of Jensen Beach, Florida in 2018. Somehow, I convinced her to go on this roller coaster of a coaching journey with me. We now have been blessed with a son, Blake, who is 15 months old and he is extremely active. We are loving every moment.

As I reflect on my career and schooling thus far, I know I can truly say that if it were not for the OACA and the opportunities presented to me I would not be where I am today. I cannot thank the Oregon Athletic Coaches

Association enough; I hope one day I can give back what this organization has given to me.



Taking Care During Covid-19

Considered an essential service during Covid-19, YouthLine is a teen-to-teen crisis, support, and help line open daily from 4pm-10pm PST. On the YouthLine, our teen volunteers support their peers dealing with crises, big and small; stressors that range from school pressure, family life, relationships to more serious challenges associated with mental wellness including high stress, depression, anxiety, self-harm, suicidal ideation and abuse. Providing crisis intervention and support has always been important, but now more than ever! The YouthLine saw an increase in contact volume of 35% in March and 25% in April with more youth talking about isolation, anxiety and abuse.

However, there is hope. By taking actions to reduce stigma and reach out to youth who are hurting, especially during this time, we can combat the stigma surrounding mental health and keep our youth safe. Research in youth wellness shows that having one trusted adult in their life can dramatically increase the ability of a young person to cope with stress. For every youth, we hope that they have lots of options for trusted adults to reach out to in their life. However, depending on their life circumstances, it could be hard for a young person to identify adults that they trust. **That's where you come in.** For youth, a coach can provide a trusting and mentoring relationship that can help them feel comfortable reaching out for help, talk openly about mental health challenges, and encourage (and model) healthy coping skills. It is crucial that we continue to reach out to our youth and check in on their physical and mental wellbeing.

Suicide Safer Schools

Another way that athletics personnel can help in the effort to prevent suicide in our schools is to advocate for suicide prevention planning at a district level. In 2019, The Oregon Legislature passed Adi's Act, which requires all school districts in Oregon to have a suicide prevention, intervention, and postvention plan in place by the 2020-2021 school year. Adi's Act is named after Adi Straub, a young woman in Oregon that died by suicide after coming out as transgender. Adi's Act will help school districts have more comprehensive plans in place for how to respond when a student is at risk for suicide. YouthLine is available to help schools create and improve their prevention plans!

The YouthLine program has worked closely with school districts across the state to create [Suicide Prevention, Intervention, and Postvention: Step by Step](#)*. The Step-by-Step Guide is an interactive workbook that allows schools to assess what policy they already have, what needs updating, and what needs to be drafted. The Step-by-Step Guide aims to be an easily accessible guidebook for school personnel and includes recommendations on staff training, positive mental health messaging, and a sample policy from the Willamette Education Service District.

If you have any questions or feedback about the Step-by-Step Guide, would like to brainstorm which of the Big Six might be a good fit for you district, or would like an introductory walk-through to get started, please contact Kahae Rikeman, School suicide Prevention Coordinator, at KahaeR@linesforlife.org or by calling 503-575-3770.

*Thank you so much to the activities and athletics personnel that provided valuable feedback about the Step-by-Step Guide so far! We are so appreciative of your unique perspectives, which will help the next version of the Guide be better than ever!

(continued on next page)

Youth Mental Health Resources

Continuing to support your students during a global pandemic can feel overwhelming. There are many additional resources you can direct your students to that can help with mental health issues or crisis.

- **The National Suicide Prevention Lifeline** is answered in Oregon by Lines for Life 1-800-273-8255
- **The YouthLine** is a teen-to-teen peer helpline that offers support from crisis-trained young people from 4pm-10pm PST every day. Calls are answered during off-hours by Lines for Life. Call 1-877-968-8491 or text Teen2Teen to 839-863 or chat at www.oregonyouthline.org
- **The Trevor Project** is an organization that does culturally specific crisis services with LGBTQ+ youth, call 1-866-488-7386 24/7 or visit www.thetrevorproject.org



WHERE ARE THEY NOW?

Danae Walker – 2012 OACA Scholarship Recipient

My name is Danae Walker and I am from Bend, Oregon. I graduated from Bend Senior High School where I played soccer and golf, as well as was a student in the International Baccalaureate Program. Back in 2012, I had the honor of receiving a scholarship from the Oregon Athletic Coaches Association.



After high school, I went on to Oregon State University (Go Beavs!) for my undergraduate degree in Civil Engineering. I originally intended to dive into structural design but realized that I strived for a more management style career, a knack I think I gleaned through leadership mentors in athletics. I picked up a Business Minor and got an emphasis in Construction Engineering Management. I also was able to continue my involvement in sports by working as a staffer for the Oregon State Football Program. My freshman year, I joined a sorority, Kappa Alpha Theta, where I was heavily involved in their philanthropic events as well as competed on their Intermural (IM) Sports Teams. Our Flag Football team won the IM Women's Championship, which I know my Dad was proud!

Oregon State has an amazing career fair where I found my company I am still with (3 years later). I work in the Portland office of Deacon Construction where I am a Project Engineer. My current project I am working on is located in Lake Oswego. It is a large apartment complex with first floor retail, two separate retail buildings, and a parking garage; we are about halfway through the project timeline. This is the single biggest contract my local office has had, and I feel honored to be apart of the project team. In the past year since this project started, I have been challenged and have grown beyond my wildest imagination.

My company has not only challenged me as an employee, but they have let me grow as a well-rounded person, in that they allow me to get involved in all aspects of the company. I am the Co-Chair of the Portland Charity Committee for the Deacon Charitable Foundation, I am greatly involved in recruiting young engineers from the Oregon State Career Fair, and I do event planning for the Summer and Winter gatherings.



The resiliency and adaptability I have had to implement over the years, I can only chalk up to the morals I have learned from athletics and my coaches. I am very grateful for all the coaches in my life; those who actually coached me, my father, and those who were a part of my Dad's football program at Bend Senior High School (past and present), but especially I want to thank Gavin Meyers (soccer) and Lowell Norby (golf). I never knew that I would be using the lessons from my most influential athletics coaches on a daily basis. Without this scholarship, I feel I would have never been able to have these opportunities turn up in my life. I am grateful for not only this scholarship, but the organization behind it. Sports shape young lives for success in their future and I am fortunate to have been honored by OACA. Thank you OACA for supporting growth and development in the youth of Oregon through sports!



Oregon Athletic Directors Association

www.oadaonline.org

As 2020 continues to unfold and the school year winds down, it is apparent that this is not just another school year coming to a close. It certainly is not just another year for our athletes, especially seniors. Everyone has been touched by the events taking place all around us. This is a time to reflect, move forward and to make lasting change.

Earlier this spring we were forced to cancel our annual state athletic director conference. Thanks to a nudge by Kevin Bryant, the OADA board was able to host a 'Virtual State Conference' in April as a way to bring some learning and relationship building to our members. We were fortunate to have speakers and presentations by a wide variety of leaders in education, motivation and athletics. Several sessions hosted as many as 120 ADs throughout the state. This included keynote presentations by Bruce Brown (Proactive Coaching) and HD Weddel (OR Principal of the Year), OSAA Year-in-Review by Peter Weber & staff, as well as many others.

Congratulations to this year's OADA award winners:

OADA/OSAA Partnership = Russ Bolin, Roseburg

OADA Leadership: Large School = Pete Lukich, Sunset

Small School = Bart Rothenberger, Toledo

Jim Rotramel Lifetime Service = Tim Burke, Newberg

League Award of Merit: 1A = James Ellis, Days Creek

2A = Jeff Clark, Oakland

3A = Erik Hoberg, Pleasant Hill

4A = Tim Sam, North Valley

5A = Kevin Bryant, Redmond Schools

6A = Pete Lukich, Sunset

1A, 2A, 3A AD of the Year = Jeff Clark, Oakland

4A, 5A, 6A AD of the Year = Pete Lukich, Sunset

Years of Service Recognition: 10 Years = Todd Nagel, Gresham
Mike Somnis, Sherman
Tim Larson, Dallas
Ted Rose, Tualatin

15 Years = Kyle Cowan, Portland Christian
Doug Thompson, Forest Grove
Bruce Reece, Illinois Valley
Josh Grotting, Sutherlin
Jeff Peeler, PIL
Mike Hughes, Jesuit
Kevin Moffatt, Kennedy
Gordon Jarman, Vernonia

20 Years = Dennis Burke, Wilsonville
Greg Grant, Heppner

25 Years = Randy Ramp, Sherwood
Jeff Erdman, PIL

(continued on next page)



Oregon Athletic Directors Association

www.oadaonline.org

Retiring ADs: Tim Rupp, South Medford
Harry Hedrick, Butte Falls
Amy Tiger, Medford Schools
Bart Valentine, Columbia Christian
Wayne Miller, Griswold

NFHS Citation: Dennis Burke, Wilsonville

NIAAA Distinguished Service: Tim Sam, North Valley

NIAAA State Award of Merit: Howard Rub, Astoria

2020 OADA Student Scholarship: Kellen Grant, Heppner HS
Savannah Sharp, Stanfield HS

As HD Weddel said, "Uncertainty is job security for leaders". Please remember that as coaches you are the leaders of not only your team, but in many cases your school and community.

To wrap up, I will leave you with this poem and question by Leslie Dwight:

*"What if 2020 isn't cancelled?
What if 2020 is the year we've been waiting for?
A year so uncomfortable, so painful, so scary, so raw – that it finally FORCES us to grow.
A year that screams so loud, finally awakening us from our ignorant slumber.
A year we finally accept the need for change.
Declare change. Work for change. Become the change.
A year we finally band together, instead of pushing each other further apart.
2020 isn't cancelled, but rather
The most important year of them all."*

You have a unique opportunity to foster growth and positively motivate your student athletes in a way that no one else in the educational realm has.

As we approach the summer season please rejuvenate, motivate and continue your hard work. Summer is also a time to enjoy valuable time with family and friends!

Dave Hood, CAA
OADA Executive Director





Dream BIG

from Debi Hanson, Associate Executive Director, OAOA

My daughter-in-law recently gave me her copy of “*Chop Wood, Carry Water*” by Joshua Medcalf to read. I ended up purchasing my own just so I could mark it up like crazy as I read so many great life concepts that applied to officiating.

One section (of many) really stood out for the times we are in today:

***Dream BIG.
Start small.
Be ridiculously faithful.
Focus on what you can control.***

Dream BIG ... at some point “play” will resume for all of us.

Start small ... it may not look the same, but anything is better than nothing.

Be ridiculously faithful ... a challenge for you, as coaches, and for us, as officials, to keep up with our “craft” during these times. It is so easy to get lazy, apathetic, depressed, etc. but we all need to be dedicated to improving and moving forward in these crazy times. It is going to take some real creativity for all of us to get up and running again.

Focus on what you can control ... I must admit in my commissioner role I have gone through the grieving process as I’ve started preparing for the fall only to realize with all the changes, I’ve probably wasted a ton of time. I have also experienced many sleepless nights trying to figure out how to cover matches with fewer officials than prior years, and now again with veterans saying they want to take the year off due to fear of Covid exposure. My two favorite sayings now are “I don’t know” and “wait until August”. Hopefully, I have not depressed you yet, I’m just being honest. With so many things being out of our control it is hard to be optimistic at times.

What can we control? For one, our attitudes about the future, no matter what changes are in place and what things look like. Your athletes, just like officials, look to their leaders for hope and encouragement. This may be a great time to start mentally preparing them for the future and what that may look like. They will latch on to whatever you model to them. Your influence is now more important than ever. Embrace the challenge. I will if you will.

Dream BIG, start small, be ridiculously faithful ... #WEWILLPLAYAGAIN

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

WHERE ARE THEY NOW?

Courtney McGrath – 2016 OACA Scholarship Recipient

My name is Courtney McGrath, and my athletic journey has been one of heartbreak, triumph, persistence and growth. I received the OACA scholarship my senior year of high school, and am very thankful for the financial support it provided for my collegiate journey as both a student and an athlete. I competed at Country Christian for four years, and throughout that time was a part of three different varsity athletic teams: volleyball, basketball, and boys baseball. At the peak of my High School career my teammates and coaches led us to three state championships and I was named 1A Player of the Year for the 2015 volleyball season. I knew I wanted to play in college, and I knew my home was Linfield College as soon as I visited campus for the first time. What they don't tell you, however, is that in college your prior accomplishments mean nothing. You wake up at 6am to lift, attend classes, practice in the evening, and then fall into bed prepared to hit the repeat button for the foreseeable future. You learn to thrive on limited sleep and an aching body because you love the game. It was simple for me. I loved volleyball and I competed at Linfield for 1 year, at which point I felt the flame begin to die out. I struggled to connect with my coaches and teammates and began to hate the game I used to love so much. When I reflect on my decision to leave the team, as hard as it was at the time I wouldn't change it for the world.



My sophomore year of college the women's lacrosse coach at Linfield reached out to me and asked if I was interested in playing lacrosse for Linfield. I had never played lacrosse, never watched a game, but I knew that I missed what sports had given me. I met with the coach, and she began to teach me the game. I spent 4 off season months studying and training my body to pick up a new sport in a growing collegiate program. When season finally arrived, I had earned a starting spot on defense. I fell in love with the game and improved rapidly. I felt connected to my team, and furthermore my college. The other thing they don't tell you is that with great triumph, comes physical tribulations as well. Halfway through the season I collapsed on the field with a torn ACL and meniscus. The season I had worked so hard for was over.

The last thing they don't tell you is the toll college sports has on your mental health as an athlete. In the midst of a painful recovery and two surgeries, I mentally felt myself slip into an identity crisis of sorts. Who am I without athletics, my team, my coaches? I contemplated this as I rehabbed my knee for a year and a half. My senior year was approaching fast and for the first time in 2 years I had been cleared to compete again. I pushed my body and my mind to take my skills to new levels and earn a starting spot on offense. My heart breaks for my fellow seniors everywhere who had to sit in a room at the beginning of their spring season as coaches everywhere broke the news that COVID-19 was halting our season. My heart was broken, but in the face of unforeseen circumstances it is imperative to persist.



Whenever I struggled in athletics, my mother and high school coach would always tell me "One point at a time." Life is a play-by-play, and in my college career I have learned that you can either sit back and let circumstances occupy your mind or you can focus on one point at a time. Sometimes the things you love are taken from you, but despite this there are things you can control. See a counselor, reach out to your coaches and teammates, and most of all take care of yourself. When one door closes another will open, if you take things one point at a time.

The OACA is proud to announce that Courtney graduated from Linfield earlier this month with a Bachelor of Arts in Economics and Finance. She is currently seeking employment and applying throughout the Country for employment opportunities.



Overview of the Consensus Statement: *Return to Sports and Exercise during the COVID-19 Pandemic*

COVID-19 continues to present significant challenges that may persist until there is an effective treatment and/or vaccine. Returning to sport and exercise after an extended period of inactivity (which can lead to deconditioning) presents challenges for coaches as they resume training activities with their athletes. This is brief overview of a [detailed consensus statement](#) that addresses return to activity considerations following physical distancing. It is recommended coaches review the entire statement for more detailed information.

1. **Follow policies and guidelines from:** 1) federal, state, and local authorities (including public health departments), 2) your school district, and 3) sports' governing body (OSAA).
2. While most young individuals experience no or only mild symptoms related to COVID-19, due to the potential impact of the novel coronavirus on the lungs, heart, and kidneys, **athletes with a history of COVID-19 or who currently have symptoms suggestive of COVID-19 must be cleared by their health care provider before resuming training.**
3. Timed fitness tests and maximum lifts **should not** be conducted during the first 2 weeks of return to activity.
4. **Develop training protocols that consider any deconditioning that has occurred.** It is recommended to use the *50/30/20/10 rule for conditioning activities* and the *FIT rule for resistance training* as guidelines. It is also recommended that all workouts be written and provided to administrators in advance.

<i>50/30/20/10 Rule for Conditioning Activities</i>		
Week	Reduction in volume and/or workload	Work to Rest Ratio
1	50%	1:4
2	30%	1:3
3	20%	Normal
4	10%	Normal
5	None – normal or uppermost conditioning vol-	Normal

<i>FIT Rules for Resistance Training Activities</i>			
Element	Definition	Example	Recommendation
Frequency	# of sessions/week for a specific muscle group or movement type	5 training sessions, but only 3 lower body sessions = 3 lower body training sessions	Week 1: ≤ 3 sessions Week 2: ≤ 4 sessions
Intensity relative volume	IVR = Sets x Reps x % 1RM (percent of 1 rep max)	3 sets x 10 reps x 0.50 1RM = 15 IRV	Week 1: IRV = 11-30 Week 2: IRV = 11-30
Time of rest interval	Work to rest ratio (W:R) between sets	30 secs to complete set & 90 secs of rest = 1:3 W:R	Week 1: W:R = 1:4 Week 2: W:R = 1:3

5. Heat acclimatization – Exercising in the heat presents additional challenges for the body, especially when students have been significantly deconditioned. **Coaches must follow the [OSAA Practice Model](#).**
6. If training is paused for more than 5-7 days due to reinstatement of stay at home orders or an individual or team must quarantine. Consider restarting or extending timelines for the resumption of training activities (i.e., 50/30/20/10 & FIT rules) and heat acclimatization.
7. Hydration – Access to fluids should be no different than pre-COVID-19 training, with the exception that individuals **should not share water bottles or water sources** (e.g., water cows, troughs, fountains).

Source: <https://ksi.uconn.edu/covid-19-return-to-activity/>

Special Olympics - Esports
Shae Nelson
Manager-Unified Champion Schools

Esports

Inclusive Competitive Gaming For All

On June 1st, Special Olympics Oregon launched their Esports pilot summer league that will extend through the summer months. This league consists of Unified Champion School and Local Program athletes, Unified Partners, and volunteers from across the state. The game being played this season is called Rocket League, which uses the 3v3 or 4v4 format, and looks very similar to the game of soccer being played with bumper cars! The team who scores the most goals after a 5 minute period wins. The league meets every Monday night through their gaming systems. They first spend time practicing with their teams, and will then finish the night by competing against another SOOR Rocket League team. The summer league will conclude with a tournament on the last Monday of the season.

Feedback Special Olympics Oregon has received just after three weeks of the programs existence has been very positive and encouraging! A SOOR athlete currently in the league mentioned,

“Esports is positively impacting Special Olympics Oregon because people can communicate with each other, play the games, have fun and get to talk to each other. It also is a good way to check in on your friends and see what they are doing.”

Special Olympics Oregon is planning on starting another Esports season in the fall, as well as bringing a league to the Unified Champion Schools program. If you would like to be a coach for a SOOR Esports league, know someone that would like to participate, or want to learn more about SOOR Esports, please email soor.program@gmail.com.



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Dear Coaches of OACA,

I would like to take a moment to thank you for staying resilient over the past few months. I recognize that this has been a very stressful environment for all of us and I am sure this has had a major impact on the lives of your student athletes. Being married to a schoolteacher, I have seen the behind the scenes of what our educators have endured to ensure that our students still receive the quality education that they are accustomed to.



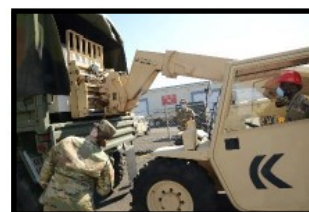
I know that many educators often also take on the role of coaching a school or club sport. This dual role has placed many of you in a status of the front line of defense with helping young people overcome their current challenges in their lives. When many of our student athletes were expecting to compete in the past season, coaches from across our State have gone above and beyond to stay committed to the welfare of our student athletes. As a fellow community member and parent, I would like to thank you for this support, and I hope to encourage you by stating that we in the communities recognize your actions.

Soldiers in the Oregon Army National Guard understand operating under pressure. When our communities are in need and the Governor of Oregon gives the order to respond, Oregon's National Guard is faithfully there. Just in the past few months, over 1,200 Oregon Guardsmen have responded to do our part. Our Soldiers are comprised of Oregonians from all ethnicity, race, lifestyle, and culture of Oregon. Simply put, we are Oregonians helping fellow Oregonians.



As Oregon's military first responders, we rapidly set up mobile hospitals in various locations across the State of Oregon. These hospitals were equipped to handle overflow from our local hospitals in response to the COVID-19 outbreak if needed. With help from the Department of Safety Standards and Training (DPSST), in conjunction with FEMA and the Oregon Office of Emergency Management, we shipped out 140 ventilators to New York. This mission also led to the National Guard transporting medical equipment and Personal Protective Equipment (PPE) all across our state. With the shortage of PPE, our Allied Trade Section was able to gather materials to make various PPE to be used across our state as well.

I tell you all this to share with you the importance of young people joining the Oregon Army National Guard. I would encourage you and your Student Athletes to view our website, www.OregonArmyGuard.com to learn more about how we can provide a career that brings value to their life. Through part-time service that is close to home, our Soldiers are able to earn 100% of their college tuition paid at any Oregon public and many private community colleges, universities, and trade schools. Recently, the National Guard now funds up to \$4,000 in professional credentialing certifications. This program is amazing! Visit <https://www.cool.osd.mil/army/> for more details.



Our Soldiers are Oregonians. They come from your high schools and your communities. They are your students, co-workers, neighbors, and friends. I am proud to say that just this year alone, we have recruited over 200 new students that attend your schools. Thank you for your hard work helping young people be great students and humans. Thank you for helping them graduate and coaching them, not only on the field or court but also in life. Please feel free to contact me, with any requests to help your school and students. We will play again!



Respectfully,

Nick Marshall - 541-430-5759 - nick.a.marshall.mil@mail.mil



MaxPreps is proud to sponsor the Oregon Athletic Coaches Association and thanks the OACA for its continued support. MaxPreps helps coaches manage their team stats, roster, calendar and communication needs in one place.

The Teams app (available for iOS and Android) for coaches, student-athletes and parents allows everyone to engage in two-way communication, in addition to allowing coaches to post scores & stats directly in the app to MaxPreps.com. All roster, schedule, and stat information on MaxPreps.com automatically syncs to the app, keeping everyone on the team up to date on any schedule changes or pertinent information.

How to use the Teams by MaxPreps app

1. Download the [Teams by MaxPreps app](#) to:

- Enter or edit your roster, schedule, scores and stats
- Send direct or group messages to your team
- Get 'delivered' and 'seen' message confirmations
- Share photos, videos and file attachments
- Sync your team's schedule with your iOS or Google calendar

2. Update Your Roster ([Directions on entering rosters](#))

3. Update Your Schedule

4. Remember to report scores after every game to keep your standings accurate. The fastest way to report scores is through the Teams



[Video on Using the Teams App](#)

MaxPreps Tutorials

MaxPreps is hosting a series of webinars to help coaches. Check out support.maxpreps.com to sign up for a webinar or future tutorials:

The Basics- Tuesday, June 16th @ 1:00pm PST
Syncing with Hudl- Thursday, June 18th @ 9:00am PST
Syncing with GameChanger- Thursday, June 18th @ 10:00am PST
The Basics- Tuesday, June 23rd @ 1:00pm PST
Using the Teams App- Thursday, June 25th @ 9:00am PST
The Basics- Tuesday, June 30th, @ 1:00pm PST

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SUPPORT

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



Oregon State Credit Union

June, 2020

Dear OACA Members:

Some of the defining moments for the Class of 2020 might be the moments that never were. In Oregon, high school seniors left school for an early spring break as a pandemic rerouted American life. The students never again reconvened. Classes shifted online, sports were canceled, and annual traditions that make the final weeks of high school special like end of season sports banquets and traditional graduation ceremonies became collateral damage of the COVID-19 pandemic.

The Class of 2020 should be remembered for their strength, resilience and the positive way they responded to unprecedented times. For eight very special senior student-athletes they will be remembered as recipients of the 2020 OACA Member's Scholarships. Oregon State Credit Union salutes Ellen Basinski, Sienna Bauer, Grant Bucheit, Olivia Flack, Kellen Grant, Abigail Knoll, Irelyn Stanley and Casey Tow. Congratulations on your outstanding academic achievements in the classroom and athletic achievements in competition. Your communities, your schools, your coaches, educators, family and friends are very proud of you and so are we!

In addition to this year's OACA scholarship, last month we awarded \$20,000 in scholarships to ten Oregon high school seniors within our membership area. Education is one of our core values. We are a member-owned, not-for-profit credit union, open to anyone who lives or works in 24 western or central Oregon counties.

We thank the OACA for the opportunity to fulfill our vision of creating financial solutions that make lives better. Our members matter most. Come join us!

Best wishes to the coaching families of our State. Stay safe and stay well.

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 or by calling (800) 732-0173.

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Pollin Hotels
The Return to *(Team)* Travel
By Angie Darby

What an amazing time we live in. For me, a 20+ year veteran of the hotel industry who worked the morning of 9/11 and the days following the collapse of Lehman Brothers in 2008 never did I think things could ever get worse. But here we are...

I spent the first week of March 2020 in Disneyland where my family and I felt nothing different. We enjoyed the Happiest Place on Earth like it was the Happiest Place on Earth. We left the park on Thursday and it closed on Saturday.

Meanwhile, my sales team back at Pollin Hotels was alerting me with the fact that group after group was cancelling due to fears of Covid-19. To be honest the last large convention that was held at the Sheraton for 2020 was the OACA - Nike Coach of the Year Clinic.

I cannot describe how the tourism industry has been turned upside down since then. Hotels that were running 200+ rooms per night are excited to now hit 20 rooms per night. \$500 in sales in our coffee shop of to-go orders is a new record high vs. the \$5,000 before.

Several hotels shuttered their doors in Downtown Portland with re-opening dates staggered from July to October 2020 however even those are getting constantly pushed back. Entire hotels are closed. Hotels that have survived the Great Depression, 9/11 and 2008 have now shuttered. Many for good! And the restaurants, the stand-alone restaurants. I cannot even...my heart breaks for those operators.

In the tourism industry 95% of those employees have been furloughed or laid off. Instead of myself traveling the country looking for new hotels to acquire or helping another hotel with their group strategy I am spending 50% of my day making lattes and taking to-go orders. It is a lot of fun taking me back to what made me fall in love with this industry in the first place but very sad at the same time. I know that with every guestroom that books it allows the potential to bring back another housekeeper, laundry attendant or front desk agent. Every order I take in the coffee shop for a to-go breakfast is more reason for us to open earlier and bring back more cooks.

This is where you come in. As an industry we are relying on the sports market to fill our hotels back up. We recognize that personal travel or travel that makes us feel good and getting back to normal is what is going to come back first. What better way than watching your Son or Daughter participate in a tournament or competition.

Hotels are ready! We have spent months preparing for what a new hotel stay is going to look like. Every employee is temperature screened upon arrival. You will see our employees wearing masks as we move about the lobby and other public areas. Do not worry – we are still smiling under those masks.

We have trained and re-trained on protocols to disinfect each guestroom and high traffic areas of the building. Removed items that are more difficult to clean and have established protocols to keep you safe as well as our Associates as we deliver your in-room dining.

As a coach signing up for that tournament in a city that can host them, encouraging team travel and staying in hotels will help so many hoteliers get back on their feet. While most hotels carry a big-name flag (i.e. – Sheraton, Marriott, Hampton Inn) remember that most of those hotels are franchisees and small business owners. Your confidence to travel again will boost their confidence to serve you in the safest manner they know how.

So please I am begging you...get back to travel! Be safe and know we are ready to serve. We cannot wait to welcome you through our doors whether you stay at one of our hotels or any...I know I'm speaking for many hoteliers when I say please do not cancel, just postpone your trip, tournament or event.





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Hello Coaches,

Gatorade supports coaches by offering discounted pricing exclusively for high school athletics. Gatorade Kit Packages contain product and equipment for around **75% off** retail price!

Coming back to sports during COVID-19 means there needs to be different precautions taken. If you need **disposable cups** and/or **squeeze bottles** you won't find a better price than what we have advertised in our kits (See \$75 kit). If you need either of these equipment items for the upcoming season **please reach out to me ASAP as supplies will be limited.**

We also have great pricing on protein products (Bars/Shakes/Super Shakes) to help strengthen your athletes. I can create a protein plan depending on your athlete headcount so you know exactly how much it will cost for the entire season.

Ask me about how you can get a **FREE Gatorade Mini Fridge** for your locker room, weight room, or office. This is a great way to keep the protein shakes cold and locked away.

Please shoot me an email/text if you have any questions about Gatorade Kits. Thank you and good luck this season!

Blake Hartsook | **Gatorade** - **Propel** - **Muscle Milk**

Senior Market Development Associate – Portland, OR

C: 515-770-5258

blake.hartsook@pepsico.com

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- Gatorade will provide you with a beverage cooler designed for floor or countertop usage
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\$235

OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews
- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (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 ~~\$340~~
\$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 ~~\$195~~
\$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

FOLLOW US FOR THE LATEST UPDATES
@GPPartner /GPerformancePartner

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.

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.



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 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.



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.

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[®]

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 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.



2020-2021 OACA EXECUTIVE BOARD

President: Tony Smith, St. Paul HS
President Elect/Secretary: Bill Masei, Dallas HS
Vice President: Janin McGrath, Country Christian
Past President: Aimee Esplin, Adrian HS

Members At Large:

1A - Marji Lind, Powder Valley HS
2A - Greg Grant, Heppner HS
3A - Josh Grotting, Sutherlin HS
4A - Parker McKinley, La Grande 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, Grant HS
OADA Liaison - Dave Hood, Executive Director
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
Laura Erickson, Office Manager

Executive Board and Sports Chair contact information is available on our website:
www.oregoncoach.org



OACA MISSION STATEMENT

The OACA is committed to serve its members by promoting:

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



OREGON ATHLETIC COACHES ASSOCIATION

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Email: ocacarb@gmail.com Website: www.oregoncoach.org



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