

OACA Newsletter

WINTER 2022-2023



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DIRECTOR'S CORNER

Rob Younger, OACA Executive Director



On behalf of Chris, Laura and the OACA Board of Directors, I want to wish each of you and your families a Merry and Blessed Christmas season and New Year!

I can remember my Dad telling me how fast time seems to go as we get older. He is correct, as I was just thinking about how fast this school year and fall activities have gone. We have just begun December and winter activities are in full swing.

This week I will be officiating my seventh "Celebration of Life" service since July. Each service is unique as we have remembered friends, parents of ex-players & students, a 29-year son of an ex-student and earlier this month, Josh, a 51 year past player. Josh was one of those players that exemplifies what High School sports are all about. He led by example and by taking a positive ownership of his and his teammates' actions, created an environment where we had a very successful season. We were blessed with many outstanding players that year, but when we evaluated his contributions on and off the field, he was selected by our staff to be our representative at the 1990 East/West Shrine Game in Baker City. He made everyone around him a better player and person.

A few days prior to Josh's service, I was going through the TV guide when I came across one of my favorite movies, "**Saving Private Ryan.**" The movie is based around Pvt. James Ryan who parachuted behind enemy lines during WWII. It is a true story about a family that had lost 3 of their 4 sons during the war, a General was determined to make sure a mother would not lose all her sons from the war. Thus, he assigned Capt. Miller, played by Tom Hanks, to assemble a small group of men to go behind enemy lines and find James Ryan. The movie is based on his rescue and the many sacrifices that this group of men made to save a single man. At the conclusion of the movie, as Capt. Miller is dying, he says to Pvt. Ryan, "**make sure you earn this**". In the final scene of the movie, we see an older James Ryan as he has returned many years later at a cemetery in France standing and crying at the grave of Capt. Miller, he asks his wife, "**Did I live a good life, tell me did I live a good life?**"

Just as Pvt. Ryan asked the question, "Did I live a good life?", we too will all ask that question at some point, "Did I live a good life?". Josh lived a "Good Life" because he took what he learned by playing competitive High School Sports and applied them to his life. Josh's life was based **on not himself, but what he did for others, his family, friends and those in his community. Rather than a life just based on personal success, Josh chose a life based on a life of significance!**

As a teacher/coach we are blessed to be involved in the greatest profession there is, having a positive influence on today's youth. Coaching involves serving, teaching, encouraging and leading. If you are in a coaching position right now, you have tremendous power to influence the lives of not only the athletes you coach, but also anyone in your circle of influence.

As I prepared for the numerous services this fall, I found myself reflecting on why I chose to coach and what motivates me to work as long and hard as it takes to be a successful coach. With the New Year, I would like to challenge you to continually ask and reflect on the following questions:

1. Why do I coach?
2. Do I see coaching as a ministry or a job?
3. What are some blessings that I have received from coaching?

The OACA is here to SERVE!
If we can ever be of assistance, please contact us.

Rob: ocarob@gmail.com

Office Phone: 541-928-2700



DIRECTOR'S CORNER

Chris Knudsen, OACA Associate Director

The Oregon Athletic Coaches Association (OACA) is very concerned about the low number of people entering the coaching profession. We are working hard on a plan to recruit young coaches and retain the good ones. Our issue is imminent as we continually hear about poor “pools of candidates” for open positions and in many cases, no applicants at all.

Yes, there are many jobs that will pay more – no question about that. However, there are very few jobs that will provide the healthy, exhilarating and refreshing experiences, the lifelong friendships and provide the impact on so many people that coaching provides. Billy Graham’s famous quote, “a coach will impact more young people in a year than the average person does in a lifetime” is such an accurate and true statement.

Being a person of significance to others will not only change their lives, it will change yours as well. Coaches play such a huge part in their athletes lives and always have. But, in today’s climate, it is even more important for our young people to have great mentors, people of significance. Kids today have more “issues” than they used to and coaches and athletics play a vital role in their success as coaches have to “wear many hats” in today’s world.

So, what can you do to help?

One area that coaches frequently mention is “support”. They don’t feel supported. Try to be supportive of your assistant coaches and/or your head coach in your sport. And, also, try to be supportive of the coaches in the other sports at your school. An encouraging note, an uplifting talk or a positive visit over a cup of coffee can go a long way to helping support another coach. Your administration probably doesn’t realize how beneficial they can be in helping coaches so try to mention to them how important it is to support the coaches.

Another area is to start a “mentoring” program designed to encourage your young coaches to “stay in the game”. There will be many difficult days and “bumps in the road” but the good days will far outweigh the bad ones. Don’t let them get discouraged!!

Encourage your players to become coaches. They can start when they are in college if they aren’t playing or begin right after high school if they are not attending college. Kenny Dillingham, former OC for UO, now the Head Coach at Arizona State, actually started coaching while in high school when an injury prevented him from playing.

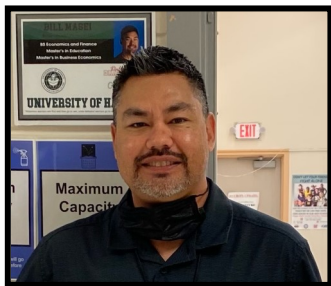
Another avenue that a couple of high schools in Oregon are doing is offering a class for credit or in a club setting providing opportunities to officiate youth sports. The curriculum is designed to teach kids how to coach and how to referee. This sounds like a very interesting and informative way to develop coaches and referees for the future.

The OACA will continue to work hard to seek ways to improve this issue in our profession as well as encourage administrations across the state to invest in and support our great coaches as they impact our future generations. Please feel free to contact us if you have any ideas on how to help with this issue that we are facing.

A handwritten signature in blue ink that reads "Chris".

Chris: ocachris@gmail.com

Office Phone: 541-928-2700



LETTER FROM THE PRESIDENT

Bill Masei, Dallas High School

Winter Greetings OACA Members!

I hope this newsletter finds you and your families healthy and excited for the upcoming holiday season.

As I reflect on my past 30 years as an educator and coach, I will remember those special relationships I've had with fellow coaches, officials, media members, administration, and community members. Being part of the OACA for the last four years and now having the opportunity to serve as your President, I am grateful for the new friendships made, meaningful collaborations with new colleagues, and honoring great coaches and student-athletes from around our state.

As 2023 rapidly approaches, I hope the new year is one of normalcy for you, where kids are active and engaging in schools, and on the athletic fields, all while understanding and accepting the many changes and challenges in society and harnessing those as a means for self-growth. I hope the new year finds your athletic teams growing in numbers, finding season successes, all while developing those lasting relationships that build character and sportsmanship.

ANNOUNCING THE RETURN OF THE NORTHEAST TRACK & FIELD CLINIC: FEBRUARY 10-11, 2023

Coaches,
The OACA (Oregon Athletic Coaches Association), GearUp Sports/Nike Team, and Stumptown Running are excited to announce the return of the Nike Northwest Track & Field Clinic.

SAVE THIS DATE!!!!

FEBRUARY 10-11, 2023

SHERATON PORTLAND AIRPORT HOTEL

STAY TUNED FOR UPCOMING DETAILS.



2022-2023 OACA Scholarship Information

The OACA annually awards eight \$1,000 student-athlete scholarships to HS graduating sons/daughters and grandchildren 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.

In addition to the eight \$1,000 student-athlete scholarships, 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 OACA, along with support from Jennifer and Jerod Teeter, has created the OACA Directors and Presidents scholarship for coaches to recognize a deserving senior student/athlete. This scholarship is sponsored by former OACA directors and presidents who desire to "give back" in appreciation of the OACA and 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 placed on pursuing a career in education
- Emphasis given to multi-sport athlete

Completed scholarship applications, including a copy of the student's transcript and two letters of recommendation, are due March 17, 2023. [Click here for all online applications.](#) If you have any questions, please call the office at 541-928-2700 or email: laura@oregoncoach.org.

We greatly appreciate the following OACA sponsors who generously fund these scholarships:



OACA MEMBERSHIP 2022-2023

Please note: Membership dues when paid by credit card/PayPal have changed for the coming school year due to the increasing credit card processing fees.

Gold Card Membership (must be ASEP/NFHS Certified) – \$68 when purchased by credit card/PayPal **OR** \$65 when purchased by cash or check

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. We are pleased to announce a new benefit for our Gold Card members as a part of our partnership with the Sheraton Portland Airport Hotel. When traveling, you are eligible for 20% off a single night room rate including free shuttle to and from the airport and up to 14 days of free parking. Additionally, Gold Card Membership gives you free admission to specific college athletic events.

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: “2022-23 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 laura@oregoncoach.org.

OACA Liability Insurance Info:

The liability coverage policy period begins when you register and goes through July 31st of each calendar year. 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.

Online Membership Registration for the 2022-23 school year is open on our website at <http://www.oregoncoach.org/member-info/registration/>



SAVE THE DATE

OACA/NIKE FOOTBALL COACHES CLINIC

March 3-5, 2023
Sheraton Portland Airport Hotel

Early Bird Registration Available Now
<https://2023.nikecoyfootball.com/portland/>

Over 35 presenters! Updates can be found at
<http://www.oregoncoach.org/clinics-and-camps/>

NIKE SPEAKERS CONFIRMED:

Sonny Dykes - TCU
PJ Fleck - Minnesota
Jonathan Smith - OSU
MORE TO COME

NFHS COACH OF THE YEAR NOMINATIONS

We are pleased to announce the 2023 Oregon NFHS
“Coach of the Year” Award nominees:

Football (11-Player) - **Greg Grant**, Heppner HS
Boys Basketball - **Gregg Griffin**, Rex Putnam HS
Boys Soccer - **Monty Hawkins**, La Salle Catholic College Prep
Wrestling - **JD Alley**, Culver HS
Boys Cross Country - **Ian Berge**, Valley Catholic HS
Boys Tennis - **Leif McElliott**, McKay HS
Boys Golf - **Tim Duvall**, Glencoe HS
Boys Swimming & Diving - **Shelly Rawding**, Hood River HS
Boys Track & Field - **Jonquil Vann**, Roosevelt HS
Baseball - **Scot McDonald**, Crescent Valley HS



Girls Basketball - **Ray Struve**, Bonanza HS
Volleyball - **Shawn White**, Weston-McEwen HS
Girls Soccer - **Brandy Wormdahl**, North Eugene HS
Girls Cross Country - **Nathan Eckman**, Roseburg HS
Girls Tennis - **Kirsten Ruchaber**, Jesuit HS
Girls Swimming & Diving - **Lissa Parker**, Taft HS
Girls Golf - **Missy Smith**, Oregon Episcopal School
Girls Track & Field - **Erin Regali**, Sheldon HS
Softball - **Chris Arnold**, Crater HS
Spirit - **Debbie Kishpaugh**, Pendleton HS



OSAA UPDATE

Kyle Stanfield

OSAA Assistant Executive Director



November is a very busy month around the OSAA. In a span of four weeks, we crowned 31 state champions, nine individual Cross Country champions and honored dozens more through our recognition programs. At the same time, winter sports and activities begin their seasons. Crazy but extremely fun time!

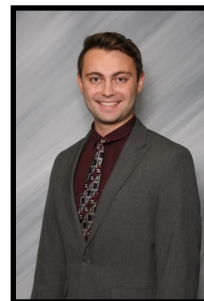
This year has also been a year of change around the office as we start a new time block which coincides with new leagues & state championship structures. In addition, we introduced three new staff members to the Association with Monica Maxwell coming on as an Assistant Executive Director, Jen Beyrle as an Associate Director and Connor Heintz who joins the PlayFly team. Monica wrapped up her first season overseeing soccer and now turns her focus to basketball. In the spring she will focus on softball, band, and orchestra. Jen oversees all digital marketing and social media for the Association which has taken incredible strides forward this fall. Connor comes on to help Ian Frost (OSAA Sports Properties General Manager) in coordinating our corporate partners. These three have done outstanding jobs learning on the fly and absorbing everything given to them. In 2023, we will welcome another new staff member in our receptionist position.



Monica Maxwell



Jen Beyrle



Connor Heintz

As 2022 comes to a close, we want to thank all of the coaches statewide for what you do. I recently received an e-mail from an athletic director in the state and in his e-mail signature it said, "There is no greater title than to be called, "COACH"! We echo those sentiments. We appreciate all that you do for the young people in the state.

If you need to contact us as we start the winter season, please reach out to Kris Welch for Wrestling (krisw@osaa.org), Monica for Basketball (monicam@osaa.org), Kelly Foster for Cheerleading (kellyf@osaa.org) or KT Emerson for Swimming & Dance/Drill (kte@osaa.org). For a complete list of responsibilities please visit <https://www.osaa.org/contact>.

From all of us at the OSAA we wish you a safe and happy holiday season.

EVERY PLAY EARN **\$K**



BLUEFRAME
TECHNOLOGY

New and existing athletic department package customers are eligible for the Every Play, Earn \$5K promotion, where schools have the opportunity to earn a minimum of \$5,000 of livestreaming revenue in year 1.

What It Brings:

- An easy revenue stream
- Simple, established livestreaming destination
- Professional quality livestream
- Money back to your school

We offer an industry-leading **60/40 gross revenue share model**, with 60% going back to your school

EXAMPLE

Annual Passes	68 @ \$75 per pass	\$5,100
Monthly Passes	22 @ \$15 per pass	\$330
Single Game Passes	Football (4 games) 114 @ \$8 per pass	\$912
	Basketball (17 games) 153 @ \$8 per pass	\$1,224
	All other sports/levels 189 @ \$8 per pass	\$1,512
Total Streaming Revenue		\$9,018
School keeps 60%		\$5,446

Eligibility Details:

- Sign a 3-year athletic department package
- Commit to using a paywall for livestreaming access
- Livestream varsity home games for all sports equipped with Hudl Focus cameras
- Install and activate all Focus cameras within 30 days of receipt





OFFICIAL PRESS RELEASE

For Immediate Release

Friday, October 14, 22

Contacts:

Prime Time Sports | 503.592.3469

John, McCallum, President - jmac@primetimespdx.com

Reggie Walker, Director - rwalker@primetimespdx.com

Limited Amount of Tickets Being Systematically Released!

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 with entertaining basketball games and fun for the entire family. This year marks **The 26th 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. The Les Schwab Invitational Presented by Express Employment Professionals will maintain its traditional post-Christmas dates and take place **December 26th – 30th** at Liberty High School. **Stay tuned as a limited amount of tickets will be released systematically every 2-3 weeks – sign up for our newsletter to be the first ones notified!**

*Headlining the list of teams at the 26th Annual Les Schwab Invitational Presented by Express Employment Professionals will be 2018 tournament champion **Sierra Canyon (Chatsworth, CA)**. Sierra Canyon has a star-studded roster headlined by senior guard **Bronny James (6'3)**. James, the son of NBA Superstar LeBron James, enters his senior years ranked #34 by ESPN, and is being pursued by a number of high major colleges including University of Oregon, The Ohio State University and UCLA. Sierra Canyon also features five-star junior guard **Isaiah Elohim (6'4)**, who is being courted by blue blood programs such as Kentucky and Kansas.*

*Making their LSI debut will be **Duncanville (Duncanville, TX)**. Duncanville will be led by **Ron Holland (6'8)**, a two-time gold medalist with USA Basketball, a consensus top-10 player in the senior class and a likely 'one-and-done' lottery pick in the 2024 NBA Draft. Duncanville is considered by many the top public school in the country and has won four consecutive Texas State Championships. Also making their LSI debut will be **Brophy College Prep (Phoenix, Arizona)**, led by senior forward **Arman Madi (6'6)** and junior guard **Braeden Speed (6'3)**. **Bishop Gorman (Las Vegas, NV)**, a likely Top-10 ranked team in the country when the national polls release, returns to the Les Schwab Invitational Presented by Express Employment Professionals for the fourth time and will look to bring home their first tournament championship. The Gaels, who have won 9 of the past 10 Nevada State Championships, will be led by a pair of top-50 four-star junior guards **Jase Richardson (6'3)** and **John Paul Mobley (6'2)**.*

Headlining the list of Oregon teams is **West Linn High School**, who features one of the country's top point guards – in University of Oregon commit, senior **Jackson Shelstad (6'1)**. Defending 6A State Champion and LSI runner-up, **Tualatin High School**, led by standout junior **Jaden Steppe (6'7)** and returning LSI semi-finalist, **Beaverton High School**, figure to compete with West Linn for the top ranked team in the state.

Nine other Oregon schools (League and State Classification) round out the 2022 field. **Barlow** (Mt. Hood Conference – 6A), **Central Catholic** (Mt. Hood Conference – 6A), **Cleveland** (Portland Interscholastic League – 6A), **Grant** (Portland Interscholastic League – 6A), **Jesuit** (Metro League – 6A), **Lake Oswego** (Three Rivers League – 6A), **Lincoln** (Portland Interscholastic League – 6A), **Roosevelt** (Portland Interscholastic League – 6A), and **Tigard** (Three Rivers League – 6A).



www.facebook.com/LesSchwabInvitational



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



[@LSInvitational](https://www.instagram.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



Since the event's inception in 1996 over \$1.5 million has been raised for Oregon schools.



THANK YOU COACH



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BRIAN WILLIAMS // Regional Sales Manager // brianwilliams@bsnsports.com

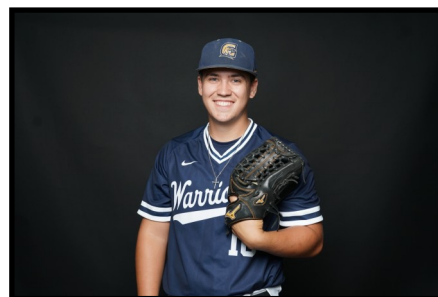
KIM KOPP // Regional Sales Manager // kkopp@bsnsports.com

Apparel • Uniforms • Equipment • Weight Room • Fundraising

WHERE ARE THEY NOW?

By Justin Tow 2016 OACA Scholarship Recipient

My name is Justin Tow, and I am a proud recipient of the 2016 OACA Scholarship. I attended Sweet Home High School, where I played football, basketball, and baseball for all four years and garnered All League and All State honors. Upon graduating, and using the funds I received from the OACA Scholarship, I chose to attend Corban University in Salem, Oregon to play baseball while pursuing my degree in Mathematics.



During my time playing for the Warriors, I learned a lot about myself and about the game of baseball. I faced more adversity on a baseball field in the first year than I ever had before in my life. After two position swaps, a few injuries, and two years of not seeing the field, I became the starting first baseman for the Warriors in 2018 until the end of my tenure there. During my time at Corban, I was incredibly blessed with countless friendships and relationships that have helped shape me into the person I have become today. In 2020, my senior year, I thought my baseball career had ended. And in an instant, due to forces outside of my control, I thought I was done playing baseball forever. That was a difficult thing for me to grasp, since baseball had been a major part of my life for so long. Fortunately, the NAIA allowed me to have one season back, and I spent it back at first base for the Warriors, where we fought our way through the CCC Conference Tournament and went to the first Opening Round in our school's history. Upon my graduation with a Bachelor's in Mathematics, I decided to get my teaching license from Corban as well and spend my SIXTH year at Corban as a Graduate Assistant for the baseball team while completing my student teaching.



Now, I am teaching Math at Cascade High School in Turner, Oregon just right down the road from my alma mater. It has been a learning curve being around high school students all day long, but I cannot imagine doing anything else. And I am still coaching at Corban, marking my seventh year as a part of the program. I have had countless life lessons and experiences along the way because of Corban University and I thank God that I was so blessed to be a part of such a great program and surrounded by great people.

In the last seven years, I have coached in the Wild Wild West League, The Salem Baseball Academy, I am now involved with the Fellowship of Christian Athletes at Cascade, and I will be helping with Corban Baseball and Cascade Baseball this year.

Thanks to the OACA, I was able to further my education, and play the great game of baseball for 4 years longer. I am so thankful to Rob Younger, and the rest of the OACA members for the impact they have had on my life and for their support throughout my career. I am so excited to continue my dream as a teacher and a coach and I couldn't have done it without their support. And thank you to the OACA for their continued support to the Oregon youth through sports.





LEADING EDGE FUNDRAISING

(FORMERLY ADRENALINE FUNDRAISING)

OVER 400 FUNDRAISERS RAN BY YOUR OREGON LEADING EDGE TEAM IN 2022

Fundraiser Spotlight



\$21,744

Ridgeview Football



\$20,250

Sheldon Volleyball



\$17,400

Thurston Wrestling



\$16,800

Salem Academy Football



\$14,230

Sweet Home Cheer



\$13,300

West Salem Track & Field



\$12,600

North Medford Baseball



\$7,800

Mazama Boys Basketball



FUNDRAISER CATALOG



CONNECT WITH US TODAY!



I am pleased that the Oregon Army National Guard, Oregon Athletic Coaches Association, and the Oregon School Activities Association has joined forces to promote our state's most talented individuals. The Most Valuable Teammate and Most Valuable Classmate Awards designate individuals who are motivated in serving each other through dedication, teamwork and leadership. These values are inherent to sports. The rewards experienced are worth the sacrifice to compete. This is also true with the military.

We work under an umbrella of values that we aspire to live up to with our daily efforts. Some of our best soldiers who choose to serve resemble these from their time spent as a student athlete in Oregon Schools.

**L- Loyalty. D-Duty. R-Respect. S-Selfless Service. H-Honor. I-integrity. P-Personal Courage.
LDRSHIP**

Values of LDRSHIP are handed down from coach to student athlete and become a part of them. Each has significant merit as they unite and bond us together as a team. As coaches you have the privilege of teaching these values early in students' lives which ensures great victories in the path ahead. I commend and thank you for your dedication to excellence in the service of others.

The Oregon Army National Guard is pleased to partner with you and provide recognition for student athletes. You hold the ability to find those who most resemble the best attributes in your student athletes. Please review requirements and submit requests here: OSAA - Awards.

Service in the Oregon Army National Guard is a great privilege and accomplishment. We serve one weekend a month and 2 weeks a year. Through education, values and support we assist in providing the next steps to a student's success in life. Together, we provide tools for individuals who are ready and willing to advance. Nominations for fall sports should be submitted in December while winter activities should be initiated by our local Army National Guard Recruiter.

We are excited to team up and work together on this opportunity. We look forward to a long and lasting relationship that supports the students of our great state. Thank you!

**Brigadier General Gregory T. Day
Commander, Land Component Oregon
Joint Force Headquarters
Salem, OR**

Scan Here for link to MVT



Oregon Girls Sports Leadership Summit - Missy Smith -

What is the Oregon Girls Sports Leadership Summit and what is our mission?

Often much is expected of our student-athletes leaders but seldom do we intentionally teach them the necessary skills in order to build their own leadership foundation and set them on the path to success. The Oregon Girls Sports Leadership Summit (OGSL) is an annual event in Oregon designed to give female student-athletes with an interest in leadership the same emphasis on instruction, encouragement, and practice that we give athletes before asking them to compete. This event gives female athletes the opportunity to collaborate, network, take risks, reflect on their leadership style, and see how they can deepen their own communities.

Each annual event has a theme that helps bring the activities together and create a memorable takeaway for the student-athletes. We want to create a community of student-athletes that ***“Own their leadership”*** and can draw back on the event theme to help them do that. *Owning their leadership means that the student-athlete is proactive in their leadership role, and understands the purpose of leadership and the duties that come with achieving larger individual and team goals.*

Background/History

The first-ever Oregon Girls Sports Leadership Summit was in November 2016. It started with 200 girls from 48 schools in the Portland-Metro area, doubling the next year to 400 girls. The event has doubled in size each year, showing an increase in the number of participating schools by 20-35% annually, and in our last event in 2019, we had 620 attendees, and our attendance growth was only limited by the available space.

What does the Oregon Girls Sports Leadership Summit event look like?

This event is a one-day event, held from 9 am to 3 pm. The event itself is jam-packed! Over the course of the day, student-athletes will hear from guest speakers, meet other student-athletes, collaborate in workshops, and be inspired to ***“Own their leadership”*** and reflect on what they learned throughout the day. *We keep kids moving and active throughout the event, both mentally and physically, through interactive workshops, exercise breaks, and lunch. To ensure we build connections between athletes, facilitators, and other attendees, we diversify the agenda with both full group keynotes, as well as small group sessions and breakouts to connect with each girl in attendance.*

Our vision is for an event with topics, speakers, and workshops that focus on our core values and purpose, but also meet the needs of our student-athletes and stay current with hot-button topics. For instance, in 2019, the OGLS theme was ***“Own It!”***. *This theme encourages student-athletes to take responsibility for their actions in all aspects of their life, not just athletics. We had speakers that talked about social media, mental and physical health, and how you impact others around you through your actions. For example lead from the bench, stay positive, and be inclusive.*

Program and Event Support

Currently, the organizational and program leadership, agenda development, keynote speakers, and event staff have been made up completely of volunteers, and donations from local companies. In addition, this program has been delivered in conjunction with an academic institution that provided the infrastructure (facility, technology, meals, etc.) to reduce costs as we grew, but the program has relevance to many non-academic organizations and can be adapted as needed. Much like the growth in attendee interest, we have seen interest grow in schools wanting to run this program, community volunteers, and local companies who are willing to sponsor and expect to see the growth of this event in 2023.

Future Goal

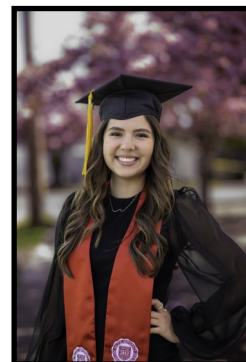
Take this event across the country and impact as many female athletes as possible. With a dedicated program team in place, and a consistent and repeatable event model, we believe this program could scale to multiple states, schools, community organizations or other communities focused on the growth and development of student-athletes, specifically those identifying as female. With additional resources, we believe this program can, and should, be modular to allow for some of the content to be as relevant as possible for the local attendees, and could potentially run concurrently to allow for some content sharing (e.g. high profile keynotes live-streamed to all participating programs).

Please look for an announcement with this year's date coming your way soon.

WHERE ARE THEY NOW?

By Sophie Grant 2018 OACA Scholarship Recipient

My name is Sophie Grant and I am a proud recipient of the 2018 OACA Scholarship. I graduated from Heppner High School where I was a varsity letterman in volleyball, basketball, golf, and cheer. I participated in the Future Business Leaders of America, was a member of the National Honors Society, and held positions as class vice president and ASB officer.



After high school, I attended Pacific University in Forest Grove, Oregon where I pursued a degree in Biology with my future goal of becoming an optometrist. I quickly discovered my interest in Chemistry and added it as a minor to my Bachelor's degree. Throughout my four years at Pacific, I worked in both the Chemistry and Biology departments as a student employee in the laboratories, grading and assisting professors. I gained numerous hours of experience in research as well as further developed my technical and teamwork skills with my peers. A science experiment is my favorite pastime now!



In addition to my academics, I became a member of Outdoor Pursuits at Pacific, where I was able to learn rock climbing, alpine skiing, and surfing in my free time. I was also an active member in Pacific's Biology and Pre-Optometry clubs. Although I stopped playing competitively, I did not stop participating in the sports that I loved. I was active in Pacific's basketball, beach volleyball, golf, and tennis Intermural leagues. I won a championship title on my beach volleyball team the spring semester of my senior year.

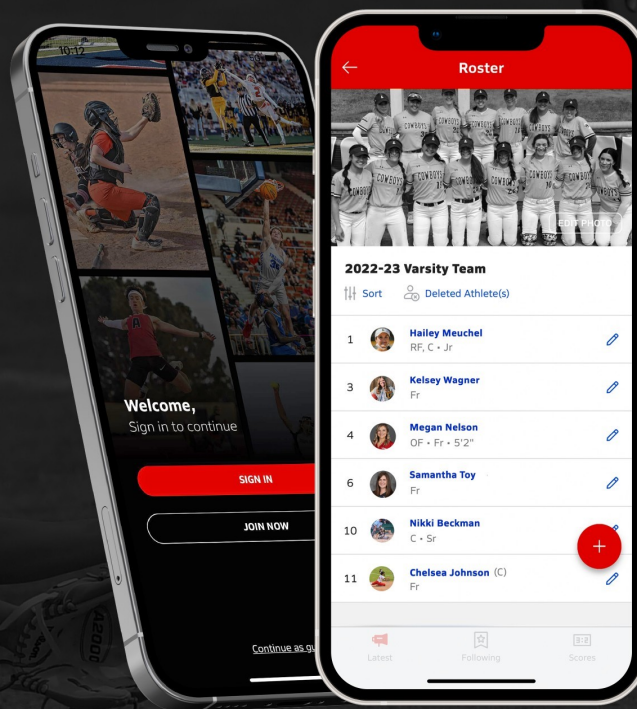
In May of 2022, I graduated with my Bachelors of Science in Biology. I am currently taking a gap year, working as a full-time Optometric technician while applying to graduate school. I am gaining invaluable experience in my intended healthcare field. I am working one-on-one with patients, alongside an optometrist, providing eyecare to those in the Beaverton area. Perseverance, adaptability, and initiative have helped me grow and flourish in my new position, all of which I learned through athletics. I plan to take my undergraduate degree and continue my education to become an optometrist. My long-term goal is to serve a rural community, similar to my hometown of Heppner.

The morals and life skills I learned at a young age from athletics has made me into the person I am today. I owe all my coaches, most importantly my father, my greatest gratitude for the knowledge and skills that they instilled in me. The organization's generosity gave me the opportunity to further my education and has helped me progress in my career goals. I cannot thank the Oregon Athletic Coaches Association enough for their influence on my life and all the student athletes in the state of Oregon.



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Special Olympics Oregon (SOOR) Unified Champion Schools (UCS) has made great strides in partnering with sports associations around the state to bring opportunities not only to athletes with intellectual disabilities (ID), but also to partners without ID, coaches, and more. In just a few short months SOOR UCS has come back strong following the pandemic with resources and sports offerings fit for all!

This fall, SOOR and Oregon Youth Soccer Association (OYSA) joined forces to provide SOOR local programs and Unified Champion Schools (UCS) coaches with formal soccer coaches' training. With identical training opportunities offered Saturday October 17th in Beaverton and Saturday October 24th in Bend, we saw 22 dedicated SOOR coaches develop sport-related skills and make connections with community and school-based peers.

Coaches started in the classroom setting with instruction provided by OYSA's Executive Director, Nelson Larson. Larsen presented the U.S. Soccer Grassroots 7-a-side curriculum (with SOOR's Unified 5-a-side model in mind), detailing the latest and greatest in soccer coaching philosophy such as "Play, Practice, Play." This coaching philosophy empowers the athletes and parallels with SOOR's philosophy, including an athlete-centered coaching approach with fun at its core!



Following the Grassroots portion of the classroom session, participants reviewed SOOR-specific history and programming with the leadership of Cindy Miguel (Director of Sports and Coach Education) and Joslynn Bigelow (Director of Unified Champion Schools). They teamed-up to present the flow of the fall soccer season, October's competition (UCS regional qualifier), and November's Fall State Games (statewide tournament for all). It was truly a benefit to have both community-based and school-based representation from diverse locations and a wide range of experiences.

The training went from the classroom to the field of play as all the trainees put their learning into action with several Pacific University/Forest Grove High School athletes and Unified partners in Beaverton and a few athletes from Mountain View High School in Bend.

Additionally in Bend, to cover numbers, coaches served as unified partners to experience the "play, practice, play" model from the player perspective. Being in-person with real situations and decision-making opportunities was welcomed and refreshing for everyone in post-pandemic life!

In attendance at the Beaverton was Joshua "Josh" Davis, Assistant Principal/Athletic Director for Wilsonville High School. Davis reflected on the training stating,

"We work hard to give all students the full athletic experience ... This is more than just teaching kids how to play soccer – it includes teaching kids how to work as a team, communicate with others, share, accept and appreciate uniqueness in others, and how to support people who range in ability. [We are] teaching people how to be positive community members and continual learners."

Such experiences are so impactful and SOOR UCS didn't stop there. In partnership with the Oregon Athletic Coaches' Association (OACA), UCS hosted its first clinic within OACA's Basketball Coaches' Clinic at Camp Withycombe on October 14th. The UCS clinic offered two sessions centered on developing a holistic school-based Unified basketball program and general "tips and tricks" from Justin Adams of South Albany High School. He, along with UCS Intern and Portland State student Gabby Baker, paneled to share their perspective on the ideal Unified basketball coach. After this session and a wonderful lunch, coaches dove head-first into season planning, rules overview, and more with Joslynn Bigelow. The session concluded with a brief workshop on training partners.



Congratulations to all SOOR coaches for pursuing opportunities to create a more inclusive and accessible sports environment for athletes. SOOR UCS and local programs will see their next opportunities for development in December for the formal Basketball Coaches Trainings on December 3rd and 10th. To learn more, email Joslynn Bigelow at jbigelow@soor.org!




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The 12 scams of the holiday season

The holidays are a time of family togetherness and celebration. Scammers know you're busy and distracted. That's why their schemes are so devilish. They get their own twist around the holidays.

In the interest of keeping things in the holiday spirit, let's look at 12 scams that commonly occur around the holidays. Don't get taken in by these or similar schemes. Otherwise, you might be footing the bill for 12 drummers drumming and all the rest.

- 1. Mobile malice**—Be wary of "season-themed" apps that perform frivolous functions, yet demand top-level security access. An app that makes it look like there's snow on your background image doesn't need to send or receive texts. Such an app might send premium text messages and leave you holding the bill.
- 2. E-card danger**—Everyone with an email address will send these little flash programs. Scammers have designed some with malicious code. They can install data-leaching programs on your computer and do untold damage. Don't click links in emails unless you know the sender. Even then, if it looks a little out of the ordinary, it probably is. The sender may have already fallen victim, and it would be good to let them know.
- 3. Fake packages**—You'll be receiving unexpected packages this season. Scammers know this, and they will send realistic-looking delivery failure notifications. They expect you to follow up with them and reveal personal identification information. Head to your local post office or call the parcel delivery service to check with a clerk before you hand over information on the Internet.
- 4. Hotel "lie"-Fi**—The FBI has a warning for you about a malicious pop-up at hotel chains around the country. This scam requests people install a foreign program before connecting to a hotel Wi-Fi network. This foreign program turns out to be data-stealing malware. Remember, internet connections you don't own or control can easily be used against you. Before you use the internet at a hotel, ask yourself if it's worth the risk. If you do need access, be wary of what you're installing -- there shouldn't be a need to install anything.
- 5. Festive spam**—We've all gotten used to filtering out spam in our email. Now prepare yourself for it to take on a more holiday-oriented theme. Messages will suggest that off-brand Rolex watches and cheap pharmaceuticals would make excellent gifts. Be careful, though, because these companies might just be in the market for your personal information.
- 6. Bogus gift cards**—There's a bonanza of savings to be had buying gift cards through second-hand retailers, but many of these retailers might be a front for scammers. Gift cards may be invalid, used or forgeries and you'll be left holding the bill.

7. Fake charities—These crop up every time there's a major disaster, but they also show up at the holidays. Leaflets and phone calls from organizations with familiar-sounding names will soon appear. To be safe, don't give to any charity unless you initiated the contact. Do your research, and give to charities whose values align with your own.

8. Must-have gift scams—Every year there's an "it" gift. You'll know it by the high demand, low supply and hugely inflated prices. Almost on cue, websites will pop up offering the rare widget at unbelievably low prices. This is a scam — the advertiser doesn't have the product and is only using the offer to harvest personal information or bilk you of your hard-earned money through sites like Craigslist or eBay, where they will seek payment through PayPal and never send the item you purchased.

9. Christmas catfishing—"Catfishing" means pretending to be seeking a relationship on the Internet to dupe people. Scammers take advantage of the loneliness the holidays can evoke to trick people out of gifts or worse. As tempting as it is to believe in love stories at Christmas, keep your feet on the ground and practice safe Internet dating.

10. Holiday vacation scams—If it's cold and miserable where you are, it's always tempting to go someplace tropical for a few weeks. If you're thinking about getting away, be careful of unrealistic prices or "too-good-to-be-true" travel offers. Scammers have been setting up phony travel sites to harvest personal information. Only book through reputable websites.

11. Devious games—If you're facing a five-hour flight and a three-hour layover, it's fantastic to have a distracting mobile game to pass the time. Be careful, however, not to download the wrong one. Mobile games can harvest data from your phone or steal password information. Always do a quick search to check the validity of the app you're downloading and read the permissions carefully. A fun game should never ask for permission to send texts or send information to third parties.

12. Non-delivery scams—In a non-delivery scam, a buyer pays for goods they find online but the items never arrive. You can guard against this scam by ordering only from vendors and brands that you know and with whom you have experience. According to the Internet Crime Complaint Center's 2021 report, non-delivery scams are among the more prominent holiday scams. If you paid with a credit card, be sure to contact the financial institution that issued the card to contest the charge. Document any attempts you make to resolve the issue with the seller. You may need that to successfully contest the charge.

Oregon State Credit Union is a member-owned, not-for-profit credit union. Membership is open to anyone who lives or works in one of 24 western and central Oregon counties. Additional information about Oregon State Credit Union is available at oregonstatecu.com.

THANK YOU TO OUR SPONSORS

The OACA greatly appreciates the continued support from our sponsors throughout this challenging year. These partnerships, are the reason we are able to continue to serve our members and provide scholarships for Oregon high school students.



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Gold Sponsor BSN Sports is very supportive of Oregon High School athletics and are willing to help coaches whenever needed, they have representatives around the state ready and willing to help with athletic program needs. 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.



Leading Edge Fundraising (formerly known as Adrenaline Fundraising) is a Gold Sponsor and the Official Fundraising Company 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. Leading Edge Fundraising and Compete

Fundraising also sponsors our banquet Coach of the Year awards and is an integral part of our basketball and football clinics. <https://www.lefundraise.com/>



The Oregon Army National Guard is a Gold Sponsor of the OACA. 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 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. Please visit www.maxpreps.com for more information.

THANK YOU TO OUR SPONSORS



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.



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Prime Time Sports, owned by John MaCallum is a Bronze Sponsor of the OACA and provides first-class event management and event planning to premiere sporting and corporate events in Portland, OR and along the West Coast. Relying on past experience and expertise, Prime Time Sports aims to effectively market, operate and manage high quality events catering to the student athletes, participants, fans and corporate sponsors who make the events possible. Efficient and effective event planning and execution is a PTS guarantee.



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 Laurie Roe at (541) 714-4291.



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OACA MISSION STATEMENT

The OACA is committed to serve its members by promoting:

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



OREGON ATHLETIC COACHES ASSOCIATION

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

Phone: 541-928-2700

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



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