

# OACA Newsletter

## *SPRING 2023*



### TABLE OF CONTENTS

1	Director's Corner - Rob Younger, Executive Director
2	Director's Corner - Chris Knudsen, Associate Director
3	Save The Date! - Upcoming Clinics
4-5	The Kyle Stanfield Story
6	Prime Time - Evaluation Day Announcement
7	Buffalo Wild Wings - Celebrate Your Team's Victory!
8	BSN Sports - Oregon Weight Room Promo
9	Where Are They Now? - Kalyssa Carroll
10	Leading Edge Fundraising - Fundraiser Spotlight
11	Oregon Army National Guard - Unlock New Opportunities
12	Where Are They Now? - Spencer Crace
13-14	Gatorade Performance Packages
15	Sheraton Portland Airport Hotel
16	Oregon State Credit Union - New Educational Resources
17-19	Our Sponsors
20	2022-2023 Executive Board
21	OACA Mission Statement & Contact Information

# DIRECTOR'S CORNER

## Rob Younger, OACA Executive Director



Every coach I had the privilege of encountering, junior high through college, influenced me and affected my life in special ways. I would rather be called "Coach" than by my own name. "Coach" exudes respect, the respect that I had for the coaches who coached me and, I hope the respect my players have for me. I have truly been blessed to be able to coach the game of life. I love the coaching profession, but more importantly, I love the people of the coaching profession. Below are some "Important Lessons" that were shared with me that I would like to pass on as "Food for Thought." May they cause you to stop and consider as they did me.

### Important Lesson #1 - Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student, and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your career, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello.".

I've never forgotten that lesson. I also learned her name was Dorothy.

### Important Lesson #2 - Always Remember Those Who Serve.

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired, by now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy counted his coins again. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier, and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

### Important Lesson #3 - Giving When it Counts...

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale, and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?". Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all his blood to save her.

***"Treat people the way you want to be treated, Work like you don't need the money, Love like you've never been hurt, and Dance like you do when nobody's watching."***

The OACA is here to SERVE!

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

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

Rob: [ocarob@gmail.com](mailto:ocarob@gmail.com)

Office Phone: 541-928-2700



## DIRECTOR'S CORNER

**Chris Knudsen, OACA Associate Director**

### WORK – LIFE BALANCE

The OACA is working on a Coaches Recruitment and Retention Campaign as we try to be proactive before this becomes a dire issue. This is not only being felt in Oregon but across the country as well. There are many reasons why this is becoming a problem but we prefer to focus on the positive and the huge impact that coaches have on their players, schools and communities. But, one issue that we constantly hear is the “work-life balance” and how that is a major factor in coaches leaving the profession.

In order to retain quality coaches, we want to provide some steps that you can utilize and help some of your fellow coaches as this is a delicate topic. Most coaches are “workaholics” as they try to watch more film or spend extra time on game plans in order to be successful. That is great and very common, however, it can be a burden on the family which essentially leads to exiting the profession. Many successful coaches that have been in the profession a long time can provide many factors that have helped them navigate this difficult subject. Below are some steps that they have provided to help you “stay in the game” or help your colleagues to remain in the profession.

- Involve the family – Team meals, events and various roles to help the team.
- Set boundaries – Is it possible to reduce some of the requirements for coaches during the season as well as in the off-season?
- Time management – One important factor is starting and stopping meetings at the designated times.
- Family time – Schedule “Family time” each week / day to connect, laugh and be together.
- Take breaks – Get away from “the grind” even if for a short period of time.
- Delegate – Try to disperse the workload and involve as many people as possible to help. Getting teachers and parents to help with grade checks, fundraisers, event organization, etc. helps you and gives them a feeling of belonging and being involved.
- Exercise – Will not only help your physical well-being but it will also enhance your mental sharpness.
- Laugh – By far the most important!! Enjoy what you do and make it fun for everyone. Know that you are making a huge difference in the lives of kids!!
- 

We hope this helps you and you can help other coaches to create a great “work-life balance” that keeps all coaches “in the game” for many years to come.

Along with Coaches Recruitment and Retention, we need to continue to promote Referees Recruitment and Retention. Although they are starting to get more officials, we still need to find more. Your Senior athletes are a great source. Please visit with them and encourage them to become either a coach or an official. A great way for them to give back to the game that gave them so much!!

We certainly appreciate all you do for so many people. High School coaches are truly amazing!! Please let us know if there is anything the OACA can do for you. Best of luck this Spring and enjoy!!

Chris: [ocachris@gmail.com](mailto:ocachris@gmail.com)

Office Phone: 541-928-2700

# SAVE THE DATE

## UPCOMING CLINICS

**August 11, 2023**

OACA Volleyball Clinic  
Wilsonville HS

**August 12, 2023**

Soccer Clinic  
La Salle HS

**October 13, 2023**

OACA/Nike/OBCA Basketball Clinic  
Camp Withycombe, Clackamas

**February 2-3, 2024**

Nike NW Track & Field Clinic  
Location TBA

**March 1-3, 2024**

Nike/OACA Football Clinic  
Sheraton Portland Airport Hotel

## *Perspective Changes When Cancer Arrives*

### *The Kyle Stanfield Story*

*Written by Tom Bendt*



Kyle Stanfield

There is one thing in life that is always true, we never know what curve balls the universe will send our way. That is something Kyle Stanfield can attest to. He has lived with the truth of cancer daily since first being diagnosed in 2017. "Adversity does not build character-it reveals it." This famous quote has been used by many since it was originally stated by James Lane Allen, a 19th century novelist. Kyle was thrust into discovering his true character upon receiving the news about his cancer. The good news is that his cancer is currently dormant. He lives in some level of fear each day when it comes to cancer. This is understandable as the cancer came at Kyle five different times within a 30-month period. However, Kyle's story is one of hope for so many that have endured the dark days of cancer.

Kyle is a graduate of Henley High School and Oregon State University. He has served as part of the OSAA executive team since 2007. Kyle married his wife Kelly back in 2013. She has taught elementary school for the past 17 years. Kyle and Kelly have two boys that are seven and six, just 20 months apart in age. Most of Kyle's motivation to beat cancer is because of Kelly and the boys. He intends to have many more enjoyable years with his family.

Kyle has three main goals and commitments for his life: 1) tell the story of cancer to help others, 2) watch his boys graduate college and 3) outlive his parents. His perspective has become solidified through his battle with cancer. Adversity has revealed his tenacity to achieve his goals. Kyle would admit that he does see the world differently today than he once did. He has grown into a more caring person that has a huge amount of gratitude for each day.

Not all of those that are infected with cancer are so fortunate. Kyle had a friend, Robbie who lost his battle with cancer in 2020. Kyle and Robbie talked about the obligation to tell their stories, in the hope of helping others. It has taken Kyle until now to heed that request. He is now ready to share the lessons cancer has taught him with the world. Kyle has never asked "why me?" He has adopted the mantra of "why not me to be a survivor of cancer?" It is that attitude that has catapulted him onto the current survivor list.

Life-altering events teach us many things if we are reflective and open to those lessons. Below are a few lessons that Kyle has learned along his journey.

Lesson one, "be present in what is happening now." Spending too much time worrying about the past or looking too far into the future is wasted energy. Being in the present means really being with people. Listen intently to them and be engaged in every conversation. Don't worry about the email you should send. Don't buy into the illusion that busy is a great thing. Do the important things, don't constantly spend time on the urgent. The important things are what matter in the long run. Kyle exhibits this by prioritizing having dinner with Kelly and the boys each night unless he is on the road doing the business of the OSAA. He treasures the dinner time and knows that those special family times are not guaranteed. What if all of us improved at being in the moment with those around us each day as Kyle attempts to do?

Lesson two, “live each day with gratitude and appreciation.” We often hear stories of people that go through immensely difficult times and how those experiences aid them in gaining a heightened sense of gratitude. Kyle is a living example of this. He so appreciates conversing with the OSAA staff, athletic directors and even parents that sometimes can be difficult.

Listening to everyone helps us appreciate their viewpoints. We may differ on those viewpoints, but Kyle is better at staying in the moment and understanding others because of his journey.

He works very hard to not judge people. “We don’t know what they are going through”, he says. This makes him better at his job and with personal relationships. He stated that money really matters very little in the scope of life. He chooses to focus on the people in his life. He chooses to focus on what he can control. He can be in control of how he chooses to treat people. He does it with kindness and a smile on his face.

Lesson three, “fear, hope, and faith can coexist.” Kyle admitted to living in fear each day. Any time his back hurts or he feels tired, in the back of his mind the fear of cancer returns. Cancer weaves its’ way into all facets of your life and can be demoralizing some days. We cannot deny our fear, however it is best to face it. It cannot dictate everything we do. We cannot fear the “what ifs” of life, we rather need to take control of what we can and let the rest go. He takes that fear and turns it into hope. A hope that believes that the future will be better than the past. A hope that peoples’ lives can be better because we greet them with kindness, empathy, and a smile. Kyle has faith that things will turn out for his family. Kelly, the rock of the family, exhibits her persistence and steadfastness daily. As a family they exhibit hope and faith in an improved future.

Lesson four, “we are all replaceable.” Many of us invest our hearts and souls into our jobs or careers. This is admirable; however, what is the cost? Often, the cost is the damage we do to our personal relationships. The OSAA will find another Kyle when he leaves, as your place of work will move on from you at some point. It doesn’t mean he is advocating for not being a high performer at work. Rather, make sure you are not sacrificing those that are most important to you for money or your perceived importance in the workplace. Be willing to say no or not right now, when you know that your family is waiting to have dinner with you. That is exhibiting the correct priorities.

In closing, I deeply appreciate people like Kyle that are willing to share their story. If it helps one person to make better choices on what is truly important, it will be worth it. Kyle has chosen to share his fears and hopes with us. I have faith that we will take the lessons that cancer has taught him and infuse those lessons into our lives. The beneficiaries of our new actions will be the people we love the most. Live in the present, express gratitude, don’t let fear dictate your actions, be hopeful and prioritize your most intimate relationships over everything else.

We appreciate Kyle sharing his very personal story and allowing me to help spread his words of hope!



LES SCHWAB BOWL



Official press Release  
For immediate Release

Contacts:

Prime Time Sports | 503.592.3469

John McCallum, President - [jmac@primetimedpx.com](mailto:jmac@primetimedpx.com)

Dominic Enbody, Event Coordinator - [denbody@primetimedpx.com](mailto:denbody@primetimedpx.com)

## Les Schwab Bowl Presented by Express Employment Professionals Evaluation Day Announcement

**Portland, OR** – The Les Schwab Bowl presented by Express Employment Professionals is proud to announce *for the first time in the event's history* - the Les Schwab Bowl Evaluation Day. Seniors as well as Rising Juniors, Sophomores, and Freshman will have the opportunity to compete with the 2023 Les Schwab Bowl Coaching staff leading the Evaluation for a chance to be drafted in one of Oregon's longest running sports traditions.

"With some of the changes the game has made in the last couple of years giving student-athletes from any level or grade the opportunity to play through a draft process, we have a lot of deserving players wanting to be a part of the game and tradition. The high school coaches thought that having an Evaluation Day so these athletes can be seen in person by both coaching staffs and college coaches looking to add players to their respective programs would be a great benefit," said John McCallum of Prime Time Sports, the event's operator.

The goal behind this event is to provide athletes and coaches with a smaller and more organized setting in order to allow for the most efficient Evaluation opportunity. The Les Schwab Bowl Evaluation Day is in a partnership with the **Oregon Athletic Coaches Association** and will have more of a practice environment to showcase football skills and on field IQ vs a showcase or combine style event. The Les Schwab Bowl Evaluation Day is limited to only athletes nominated by their respective high school coaches so numbers will be lower in order for more opportunities for the athletes to display their talent.

The Les Schwab Bowl Evaluation Day will be taking place on **April 15th, 2023, at McDaniel High school in Portland, OR from 9:30 am - 3:30 pm** and is open to all for viewing.

### Event Details:

**Date: Saturday, April 15th, 2023**

**Location: McDaniel High School**

**2735 NE 82nd Ave, Portland, OR 97220**

**Time: 9:30 am - 3:30pm**



[@LesSchwabBowl](https://www.facebook.com/LesSchwabBowl) Fans are encouraged to visit [www.LesSchwabBowl.com](http://www.LesSchwabBowl.com) for additional event information



Les Schwab Bowl proceeds benefit the Oregon Athletic Coaches Association general scholarship fund and various youth charities. The OACA represents over 3000 members/coaches involving all OSAA sanctioned sports. Charitable work is done through a partnership with the Oregon Athletic Coaches Association, Les Schwab Tires and Prime Time Sports. The OACA has been involved with the game since its inception as the Oregon Shrine Game in 1948







**BUFFALO WILD WINGS®**

**CELEBRATE YOUR TEAM'S VICTORY WITH**

# **WINGS+FRIES**

## **BUNDLES**

**STARTING AT \$9.99**



**SCAN TO START YOUR ORDER**

AT PARTICIPATING LOCATIONS FOR A LIMITED TIME ONLY FOR TAKEOUT OR DELIVERY THRU BWW'S APP/WEBSITE. TAXES EXTRA. DELIVERY SUBJECT TO AVAILABILITY; FEES MAY APPLY. \$9.99 BUNDLE INCL. 10 BONELESS WINGS + REGULAR FRIES. TM & © 2023 BUFFALO WILD WINGS, INC.





# OREGON WEIGHT ROOM PROMO!

EXP: 7/1/2023

**1 FREE CUSTOM  
BENCH FOR  
EVERY 2 VARSITY  
RACKS PURCHASED!**

## FLAT-TO-90 BENCH

• Adjustable in 7 positions from flat to 90°  
• Includes storage on wheels and diamond plate speckles stand

1378759

1,699<sup>00</sup>



## Varsity Half Rack

• Dimensions: 8' H x 4' W x 5' D (W/O Platform)

1378741

Half Rack

2,359<sup>00</sup>

1378742

Half Rack with Platform

3,649<sup>00</sup>



Power Rack without  
Locking Pin



## Varsity Double Half Rack

• Dimensions: 8' H x 4' W x 5' D (W/O Platform)

1378745

Double Rack

4,599<sup>00</sup>

1378746

Double Rack with Platforms

7,499<sup>00</sup>



Power Rack without  
Locking Pin

**CLICK THIS LINK TO SEE MORE RACK OPTIONS!**

Contact:

Brian Williams - brianwilliams@bsnsports.com (Portland Metro)

Kim Kopp - kkopp@bsnsports.com (Central & Southern Oregon)

## WHERE ARE THEY NOW?

*By Kalyssa Carroll 2008 OACA Scholarship Recipient*



Hello! My name is Kalyssa Carroll (Koontz is my maiden name) and I was the proud and grateful recipient of the 2008 OACA Scholarship! I attended Santiam Christian High School, where I played Volleyball as a Middle Blocker and Softball as a Pitcher for all 4 years and received All-League and All-State Honors. Upon graduation, I received the U.S. Army National Scholar-Athlete award and using the funds from the OACA Scholarship, I chose to attend Northwest Christian University (now Bushnell

University) to play both Softball and Volleyball for the Beacons while pursuing a double-Bachelor's Degree in Secondary Education and U.S. History. Throughout my 4 years playing for the Beacons, I received Daktronics All-Conference Scholar Athlete honors for both Softball and Volleyball. I also received the most improved and motivational athlete award for Volleyball.

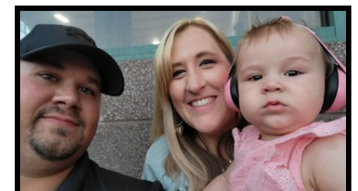


Upon graduating from NCU in 2013, I moved to Tucson, AZ and taught History at Cienega High School and took a Pitching Coach position at the High School as well as coached Girl's and Boy's Volleyball. In 2013, I was a proud part of our Softball team that won the Arizona 5A State Championship and had a starting pitcher who went on to play for New Mexico State and a catcher who started for the University of Wisconsin. I coached Freshman volleyball and served as an assistant coach on the Varsity team. In 2016, I was proud to be a part of the Boy's Volleyball program that won the 5A Boys Volleyball State Championship as well! My time in Arizona taught me a lot about what it means to be a good coach who is both motivational and tough when she needs to be.



After 4 years in Arizona, I moved back to Oregon to take a History teaching position at Harrisburg High School and got the great opportunity to work alongside my Dad, Tony Koontz in his last year in Education before retirement. While at Harrisburg I had the privilege to build a strong and active Leadership program based around building a vibrant school culture and community service.

I met and married my Husband, Jesse Carroll in 2019 prior to the pandemic and we welcomed our first-born daughter Ellyana Ann Carroll into the world on November 9, 2021. Due to the pure joy and challenge of being a mother, I took a job teaching online for Willamette Connections Academy last year and have gotten to witness my daughter's first words and steps! We now live in Bend, OR and I am looking forward to one day coaching my daughter (hopefully in Softball and Volleyball).



Thanks to the generosity of the OACA, I was able to play and then coach both of the sports I love so much! I furthered my education and have gotten to be a teacher and coach to countless youth that I hope I have had a positive impact on. Because of the OACA and it's members, I have been able to be a positive force and an advocate for women's sports in not just Oregon, but Arizona as well. It is my hope that I can raise my daughter to be confident and play sports because she loves it so much! Keep up the good work of supporting youth in sports! Thank you for the opportunities you provided to a girl from Brownsville, Oregon!





# LEADING EDGE FUNDRAISING

## STARTING 2023 OFF RIGHT WITH YOUR OREGON LEADING EDGE TEAM **FUNDRAISER SPOTLIGHT**



**\$17,050**

**West Salem Baseball**



**\$15,260**

**Dallas Baseball**



**\$13,929**

**Webfoot Junior Volleyball**



**\$12,965**

**Sprague Track & Field**



**\$12,631**

**John Muir Athletics**



**\$12,285**

**Henley Senior Class**



**\$12,083**

**Basin Bombers Volleyball**



**\$11,437**

**Sheldon Boys Basketball**



**\$10,726**

**Henley Wrestling**



**FUNDRAISER  
CATALOG**



**CONNECT WITH  
US TODAY!**



**INSTAGRAM**





**UNLOCK NEW OPPORTUNITIES**

## **FOR STUDENT ATHLETES WITH THE OREGON ARMY NATIONAL GUARD**

*The Oregon Army National Guard is proud to be a sponsor of the OACA this year.*

We are committed to supporting our local high schools and empowering student athletes across the state. Our partnerships with the OACA, OSAA, OADA, and high school career centers have already made a significant impact in our communities.

**To date, we've provided over  
\$100,000 in team sponsorships,**

positively impacting countless students and programs. We've also celebrated the achievements of 300 students who have been honored as recipients of the Most Valuable Teammate award. These accomplishments are a testament to our dedication in fostering growth and development among young athletes. We're thrilled to announce the *Oregon Guard Coach of the Year* award, in partnership with the OACA. This prestigious award will recognize a coach who demonstrates exceptional leadership within their organization and community—qualities that embody the spirit of Guard Soldiers. We eagerly anticipate selecting an individual who represents the best in coaching and mentoring young athletes.

We invite you to join us in our mission to support student athletes by partnering with the Oregon Army National Guard. By collaborating with us, you'll provide your student athletes with valuable experiences and resources, empowering them to reach their goals after high school. Our partnership will help shape the future of our communities by encouraging students to excel both athletically and academically.

Thank you for your dedication to shaping the future of our youth. We look forward to working together and making a positive impact on the lives of student athletes across the state of Oregon.

**OREGONARMYGUARD.COM**

★ *Partners in Education*

If you're interested in learning more about the Oregon Army National Guard and how we can work together to benefit your student athletes, please register at [OregonArmyGuard.com/OSAA](http://OregonArmyGuard.com/OSAA).

We look forward to building mutually beneficial partnerships with schools throughout Oregon and continuing our commitment as partners in education.



Questions? Contact SFC Dimitri Fenrick at  
(503) 887-5792  
[Dimitri.fenrick2.mil@army.mil](mailto:Dimitri.fenrick2.mil@army.mil)

## WHERE ARE THEY NOW?

*By Spencer Crace 2005 OACA Scholarship Recipient*

My name is Spencer Crace. Currently I am the Offensive Coordinator, Quarterbacks Coach, and Recruiting Coordinator at Pacific Lutheran University in Tacoma, WA. We just finished our 5th season here at PLU and it has been an exciting journey to see the fruits of our labor starting to show. I grew up in Wilsonville Oregon where I played Football, Basketball, and Baseball for the Wildcats.



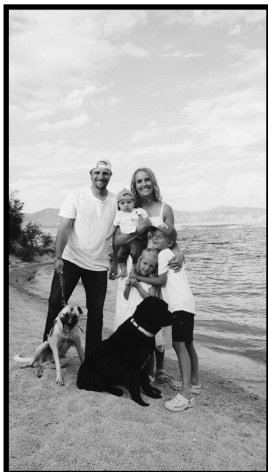
This next season will be my 14th season coaching football. After graduating from the University of Puget Sound with a degree in Communication Studies in 2010, I was hired as the Running Back coach at my alma mater. I was given a lot of responsibility for a 22-year-old. I decided forego playing baseball at UPS my senior year so I could start my coaching career. Right away I was thrown into a position that I had never played and immediately hit the road in recruiting. Let's just say that first year was a giant learning curve and I am extremely grateful to Jeff Thomas the Head Coach at Puget Sound for giving me my first opportunity. The following year I decided to stick around after

turning down a couple GA opportunities and was given more ownership within the offense and recruiting. That 2nd season I got to move back into the QB room and really cut my teeth in coaching college football.

Since leaving the University of Puget Sound after my 2nd season in 2011, I have had four different stops. I chose to leave UPS to take an opportunity to go coach with my dad (George Crace) as his Offensive Coordinator at Horizon Christian HS in Tualatin, OR. It also helped that my girlfriend at the time and now wife (Joelle) was living in Vancouver, WA and the idea of being closer to one another was enticing. As always God has an amazing plan. The decision to move back to Oregon became one of the best decisions of my life. In 2013 my wife and I got married and after two seasons with Horizon Christian we knew that it was time for our next adventure.



I accepted a job as the President of Comeback Sports and Camp Director of the NW Elite Football Camps. We packed up and moved back to Tacoma. But there was no way I wasn't going to coach!



Prior to moving back to Tacoma, I connected with Thomas Ford (Now RB/ST Coordinator) at the University of Idaho. Coach Ford was the new Head Coach at Stadium HS. I was living in Stadium district at the time. All he had was a volunteer position available working with the QB's. That first season was tough, but I learned a lot from Coach Ford and so thankful for the opportunity he gave me. As fate would have it, that off-season at an FCA Coaches Marriage Retreat I ran into the Head Coach at Sumner HS (Keith Ross). Coach Ross told me that his OC just left and asked if I would be interested. Little did I know I was walking into one of the greatest group of athletes Sumner HS has ever seen. In our 3 seasons at Sumner HS we went 33-5, 2 conference championships in 3A and 4A, and made it to the Semi-Finals 2x. We saw multiple young men continue playing college football and one of them still in the NFL today.

Going into the 2018 off-season a coach and friend that I had stayed in contact with from my UPS days was a finalist for the head coaching job at Pacific Lutheran University. When Coach Brant McAdams extended the offer to be his OC I knew that this was a door that God was opening up and was meant to be my next move. Since then life has been great. My wife and I have three amazing kids (Barrett "Bear" 7, Hayden 4, and Ridger 1). I also serve as the PNW Regional Director of Football for the Fellowship of Christian Athletes. My life consists of Jesus, Family, and Football. I don't think it gets any better than that!

Go Lutes! ~ Spencer Crace



FUELED BY **G SERIES®**

# Gatorade Nutrition Program

**\$165 “Create Your Own” Package Provides**

- 120 Protein Shakes (Muscle Milk or Gatorade Protein Shakes)
- 120 Gatorade Protein Bars
- 240 total servings @ \$.69 each



**\*Free fridge for teams who qualify\***

Contact your PNW Gatorade Representative

Steven Shiley (970) 222-2298 [steven.shiley@pepsico.com](mailto:steven.shiley@pepsico.com)





# 2023 GATORADE HIGH SCHOOL PERFORMANCE PACKAGES

Welcome to the Gatorade Performance Partner community. We know how dedicated you are to getting the most out of your athletes, and we're here to help you every step of the way. Visit [GatoradePerformancePartner.com](https://GatoradePerformancePartner.com) for product updates and additional information.



## GATORADE PERFORMANCE PACKAGE

RETAIL VALUE ~~\$1,142~~  
**\$265**

### OUR PREMIUM PERFORMANCE PACKAGE

- (8) Cases of Gatorade® Protein Bars (96 servings)
- (1) Case of Gatorade® Thirst Quencher Powder (14 - 6 gal bags)  
OR (2) Cases of Gatorade® Thirst Quencher Powder Sticks (240 - 16.9oz sticks)
- (8) Cases of Gatorade® Recover® Shakes (96 servings)  
OR (8) Cases of Gatorade® 30g Protein Shakes (96 servings)

### CHOOSE THREE PREMIUMS (Repeat options accepted)

- (1) 5 Gallon Cooler
- (1) 10 Gallon Contour 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)

\*Choose flavor preference and premiums on reverse.



## CREATE YOUR OWN

RETAIL VALUE ~~\$640~~  
**\$165**

### CHOOSE TWO OF THE BELOW OPTIONS

- OPTION #1 – (1) Case of Gatorade® Thirst Quencher Powder (14 - 6 gal bags)  
OR (2) Cases of Gatorade® Thirst Quencher Powder Sticks (240 - 16.9oz sticks)  
\* (1) Case of 7 oz. Cups included with either powder selection
- OPTION #2 – (10) Cases of Gatorade® Recover® Shakes (120 servings)  
OR (10) Cases of 11 oz. Muscle Milk® Genuine Protein Shakes (120 servings)
- OPTION #3 – (10) Cases of Gatorade® Protein Bars (120 servings)

\*Create Your Own must consist of two different options. Choose flavor preference on reverse.



## REFUEL & RESTORE

RETAIL VALUE ~~\$440~~  
**\$80**

### IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (14 - 6 gallon bags)  
OR (2) Cases of Gatorade® Thirst Quencher Powder Sticks (240 - 16.9oz sticks)
- Choose one option below:  
(1) Case of 7 oz. Cups (2,000 cups/case)  
OR (24) Gatorade® Contour Bottles

\*Choose flavor preference on reverse.

You fuel them. We fuel you.  
AND TOGETHER, WE FUEL GREATNESS.

FOLLOW US FOR THE LATEST UPDATES

@GPPartner @GPerformancePartner  
/GatoradePerformancePartner  
@GPPartner



SHERATON  
Portland Airport Hotel

## Home of the OACA / Nike COY Football Coaches Clinic

Contact our Team Specialists for bookings/inquiries!

503.335.2854 | [sales@pollinhotels.com](mailto:sales@pollinhotels.com)

### What We Offer:

- Group / Team Blocks
- Meeting Space for Team Banquets
- OACA Gold Members Discount



At Oregon State Credit Union, we're committed to living out the values that guide our business. One of those values is education. We know that financial health touches every aspect of life, and we recognize the need to provide additional support for everyone in our communities.

One of the ways we show our commitment to financial education is by making donations to organizations and scholarships that support this value. This is why Oregon State Credit Union is a proud donor to the Oregon Athletics Coaches Scholarship Fund.

We appreciate the impact OACA has on student athletes. We know that support for OACA means we are contributing to the incredible work OACA coaches do and the powerful stories athletes tell. A coach does not just rally athletes to compete: they are laying a foundation for/fostering the development of skills, habits and mindsets that lead to success in future endeavors.

We wanted to share some of the new educational resources we have available on our website, which are free and available for everyone.

Our Online Education Resources can be found on our website at <https://www.oregonstatecu.com/> under the Education tab, or directly at <https://www.oregonstatecu.com/education/financial-educational-resource-center>.

Here are some of the most popular courses on the site:

- Borrowing and Credit – Get out of debt
- Fraud and Security Collection – Scam checker
- Learning to Budget – Create a budget

Additionally, coaches may want to share some resources with their student athletes. Here are a few recommendations for them:

- Paying for College – The cost of college
- Learning to Budget – Trim your budget
- Borrowing and Credit – What auto loan can I afford?
- Learning to Budget – Rent affordability calculator

To learn more about the credit union's financial education resources or to schedule an onsite course contact, please reach out to our Community Education Director at [CommunityEd@oregonstatecu.com](mailto:CommunityEd@oregonstatecu.com).

We commend you for the work you do to make our community better by fostering strong leadership skills and supporting student athletes and their varied needs. It is our hope that these resources may be of use to you, your family or the students with whom you work. We will continue sharing our value of education by providing financial education in the community to youth and adults who are seeking financial empowerment.



# 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.



**PACIFIC OFFICE  
AUTOMATION**

— PROBLEM SOLVED —

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



We are very excited to welcome Buffalo Wild Wings as a Platinum Sponsor of the OACA. Enjoy all they have to offer at the various locations around the state. In addition, they are providing Gold Card members a 15% discount when you dine with them. Buffalo Wild Wings is a great supporter of high school coaches and athletes.



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/>

# THANK YOU TO OUR SPONSORS



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](http://www.OregonArmyGuard.com).



**MaxPreps** is a valued Silver Sponsor and The Official Statistician for the OACA. They have worked hard to get schools involved in an outstanding athlete and team recognition program. We highly encourage school athletic programs to get involved with MaxPreps. We appreciate MaxPreps' sponsorship as they help support the many services we provide for the coaches in our state. Please visit [www.maxpreps.com](http://www.maxpreps.com) for more information.



We are excited by our continued partnership with Hudl, Silver Sponsor of the OACA and the OACA's Official Video Software Partner. Funds provided by Hudl help keep membership costs low as well as fund an annual \$1,000 scholarship. We urge teams to explore Hudl's innovative and unique video software technology. Please visit [www.hudl.com](http://www.hudl.com).



**Sheraton**  
PORTLAND AIRPORT HOTEL

The OACA is pleased to have Sheraton as a Silver 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 Hotel and Hampton Inn at the Portland Airport to offer even more options when using the Portland Airport area as your home base for team events and travel.

# THANK YOU TO OUR SPONSORS



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 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.



We are proud to have Oregon Sate Credit Union as a provider of a \$1,000 college scholarship to a deserving family member of the OACA. Oregon State Credit Union is an 118,000 member-owned, \$1.4 billion not-for-profit financial cooperative that serves an expanded coverage area of 24 western and central Oregon counties that includes a majority of Oregon. Membership with the credit union is open to anyone who lives or works in these counties. To learn more, please visit [oregonstatecu.com](http://oregonstatecu.com) or call Laurie Roe at (541) 714-4291.



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



## 2022-2023 OACA EXECUTIVE BOARD

President: Bill Masei, Dallas HS  
President Elect/Secretary: Ronda McKenzie, Westview HS  
Vice President: Greg Grant, Heppner HS  
Past President: Tony Smith, St. Paul HS

### **Members At Large:**

1A - Marji Lind, Powder Valley HS  
2A - Paul Isom, Knappa HS  
3A - Josh Grotting, Sutherlin HS  
4A - Parker McKinley, La Grande HS  
5A - TBA  
6A - Gina Dhom, Willamette HS

Assistant Coach Rep - Damien Ramirez, West Salem HS  
Women's Leadership Rep - Missy Smith, Oregon Episcopal  
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 - 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:  
<http://www.oregoncoach.org/contact-us/our-team/>



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



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