

OACA Newsletter

SPRING 2024



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SEVEN-TWO ZERO COACHES FOR 88 YEARS

DIRECTOR'S CORNER

Rob Younger, OACA Executive Director



Earlier this month, we held our OACA Executive Board meeting with our Winter Sport Chair reports. We heard reports from Boys/Girls Basketball, Cheer, Dance, Swimming and Boys/Girls Wrestling. As always, we had great dialog and discussion on many pertinent topics. One specific discussion item initiated by Tom Johnson, long-time Barlow HS basketball coach, was especially impactful. Anyone who knows Tom has nothing but respect for him not only as a very successful coach, but also an outstanding coach of character and an excellent ambassador for our coaching profession. Tom's point was that he was disappointed in the sideline behavior of coaches and challenged the Officials Association to issue more technical fouls for poor coaches' behavior. The discussion that followed reminded me of an experience I had approximately ten years ago. I was asked to participate in a Master's (another name for OLD) Panel at the Alabama Football Coaches Association Clinic in Montgomery. The three of us, all retired football coaches, on the panel were asked various questions that might be of interest to those in the audience, many of whom were young coaches. I would like you to think about how you would answer one of the questions asked of us: *"Is there anything in your career that you regret that you have done? If you had to do over, what would you do differently?"*

One of the great lessons coaches and athletes learn through competitive athletics is self-control. We quickly learn that there are consequences when someone loses the ability to control themselves. When a coach or a player loses the ability to control their emotions, everybody loses. Not only is the one who lost control penalized, but so is the team.

As coaches, we are to be examples of self-control for our players and fellow coaches. It is very easy to allow our emotions to get the best of us at practice or during a game. The situation that causes us to lose it could be a controversial call by a referee, a blown assignment by a player, or something we have absolutely no control over. The situation is not the important thing; it is how we respond.

What is the real cause of losing self-control? For me, it happens when I lose the perspective of the Big Picture and focus on how something has personally affected me. When I do this, I often behave in a way that tears down my testimony of being a coach. The greatest responsibility of a coach is to the athletes who come under our influence every day. Being a role model, teacher, mentor, friend and sometimes parental figure for not only our players, but other coaches is an awesome responsibility. All great coaches possess qualities that enable every player to reach their full potential as a student/athlete and as a person. That is a winning situation reaching far beyond the season.

So, the next time a situation arises, ask yourself, "Who is in control?" Remember, there are a lot of eyes watching how you react. Over the course of my fifty-year High School coaching career, I have grown in many areas. The one I wished I had learned to control earlier was how I controlled my emotions and behavior in practice and games. Food For Thought: Learn to take a "Walk around the Block" prior to reacting to a given situation and, in today's world, even an email.

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

"LIFE IS 10% WHAT HAPPENS TO YOU & 90% HOW YOU REACT TO IT!"

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

Rob: ocarob@gmail.com

Office Phone: 541-928-2700



DIRECTOR'S CORNER

Chris Knudsen, OACA Associate Director

OADA Conference starts April 12th

This is a VERY important conference that addresses topics and proposals that arise throughout the year. The AD's discuss and vote on many issues. We highly encourage all head coaches to meet with your AD prior to this conference to find out what is happening in your sport. Then, visit with your AD so that your insight is heard. Your perspective may be something your AD has not thought about, or your AD may have some good points that you haven't thought about. Any communication prior to the conference will be beneficial so that your AD's vote will represent what is best for your school. Numerous times we've heard from coaches AFTER the conference that they were unaware of various topics being discussed of which they wanted some input.

How to Make a Proposal

Many coaches have ideas on how to improve their sport but don't know how to start the process. We hear many times throughout the year about a coach sending a proposal to the wrong person and it never getting forwarded to the proper group. If you would like to make a proposal, contact a Sports Chair from the sport that you are making the proposal. The Sports Chairs are listed on our website: oregoncoach.org. Click on the "Contact" tab and then "Our Team". Write up your proposal and email it to the designated Sports Chair. This will start the process that will eventually go to several "Boards" to be discussed, voted on, and possibly implemented. Feel free to contact us at the OACA for more help.

Committees – Your Input

There are a wide variety of committees that meet throughout the year to try to improve the landscape of athletics in Oregon. Often we've heard, "They should have done...". Most of the committees provide for public testimony where any coach can attend either in person or by zoom to share with the committee their perspective or thoughts. The committee will then go into a closed session and will sincerely discuss all testimony that was brought before them. To find out the schedule, agenda and roster of each committee, go to: osaa.org, click on "Governance", then on "Committees" and you can see all the information. Also, you can contact a member of the committee or the OSAA for questions or clarification.

Coaches Recruitment and Retention / Mentorship

Due to hearing about small pools of candidates for coaching openings, we started a "Coaches Recruitment and Retention Campaign" two years ago. As we continue to work on that, we also began a "Mentorship Program" this year that targets coaches who are in their first five years of coaching with the goal to help them navigate the difficult issues that arise and help them work through challenges until they are solidly entrenched in the profession. This is NOT to infringe upon the great work that the AD or head coach is providing these young coaches but rather to assist them in providing another perspective to the issues that young coaches face. Currently, we have John Mannion mentoring young football coaches, Gregg Griffin in Boys and Girls Basketball, and Rick Lorenz in Volleyball. We need your help to get contact information for the young coaches in your schools so that we may assist them. Please send their contact information to Chris Knudsen at ocachris@gmail.com and I will get it to the proper Mentor.

Summary

It is "US" that makes up the athletic landscape in Oregon. We, the administration, AD's, coaches, officials, and schools, make up the OSAA. Everyone has a voice for change. Collectively, we have worked together to create a template that other states are trying to model. We have great things going on that provide awesome opportunities for student-athletes that we should all be proud of. Like with any team, when we all work together, amazing things can happen!!

A handwritten signature in cursive script that reads "Chris".

Chris: ocachris@gmail.com

Office Phone: 541-928-2700

SAVE THE DATE

UPCOMING CLINICS

August 16, 2024

OACA Volleyball Clinic
Wilsonville High School

August 17, 2024

Soccer Clinic
La Salle High School

October 11, 2024

OACA/Nike/OBCA Basketball Clinic
Wilsonville High School

January 31 - February 1, 2025

Nike NW Track & Field Clinic
Location TBA

March 7-9, 2025

Nike/OACA Football Clinic
Sheraton Portland Airport Hotel

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

JEN HUMPHREY // Regional Sales Manager // jhumphrey@bsnsports.com

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Oregon School Activities Association

As the Winter State Championships come to a close, we look back on a fantastic winter season with some incredible games, incredible matchups, and incredible crowds. From buzzer beaters to overtimes to photo finishes, we applaud all the schools, communities, coaches, and players for making this winter season memorable. Fortunately, the year isn't over yet! We started spring contests on March 11, and we are in full preparations for spring state championships beginning in just a few short weeks with the OSAA Speech State Championships on April 18.

One of the most significant changes to the OSAA this past year was the introduction of the new "Beyond the Scoreboard" course that satisfies the Interscholastic Coaching Course requirement for coaches. This course is shorter in length and cheaper than the NFHS Fundamentals of Coaching Course and has a different focus. In conjunction with the 3D Institute, the course focuses on the whole student-athlete experience and asks coaches to reflect on why they coach. This course has been taken over 1,000 times this year with overwhelming positive reviews. Even coaches who have solidified the requirement through ASEP or the NFHS Fundamentals of Coaching have taken this course, and it has helped them refocus and reenergize. Special thanks to retired Athletic Director's Pete Lukich (Sunset) and Tom Bendt (Aloha) who helped make this course a reality.

We wish the spring coaches the best of luck as the season kicks off. We look forward to seeing many of you in May!



KYLE STANFIELD, CAA

CHIEF OPERATING OFFICER

☎ 503.682.6722 X239

KYLES@OSAA.ORG



25200 SW PARKWAY AVE. STE. 1, WILSONVILLE, OR 97070



MAXPREPS

ABOUT THE MAXPREPS-OACA PARTNERSHIP

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

The [MaxPreps app \(available for iOS and Android\)](#) for coaches, student-athletes and parents allows everyone to stay up to date on the team schedule, scores and results. The MaxPreps app is the easiest way for coaches to post scores and stats to MaxPreps for everyone to see. All roster, schedule, and stat information on MaxPreps.com automatically syncs to the app.

SUPPORT

Coaches may contact MaxPreps at support@maxpreps.com with any questions or reach out to MaxPreps/OACA representative Josh Taylor at jtaylor@maxpreps.com.

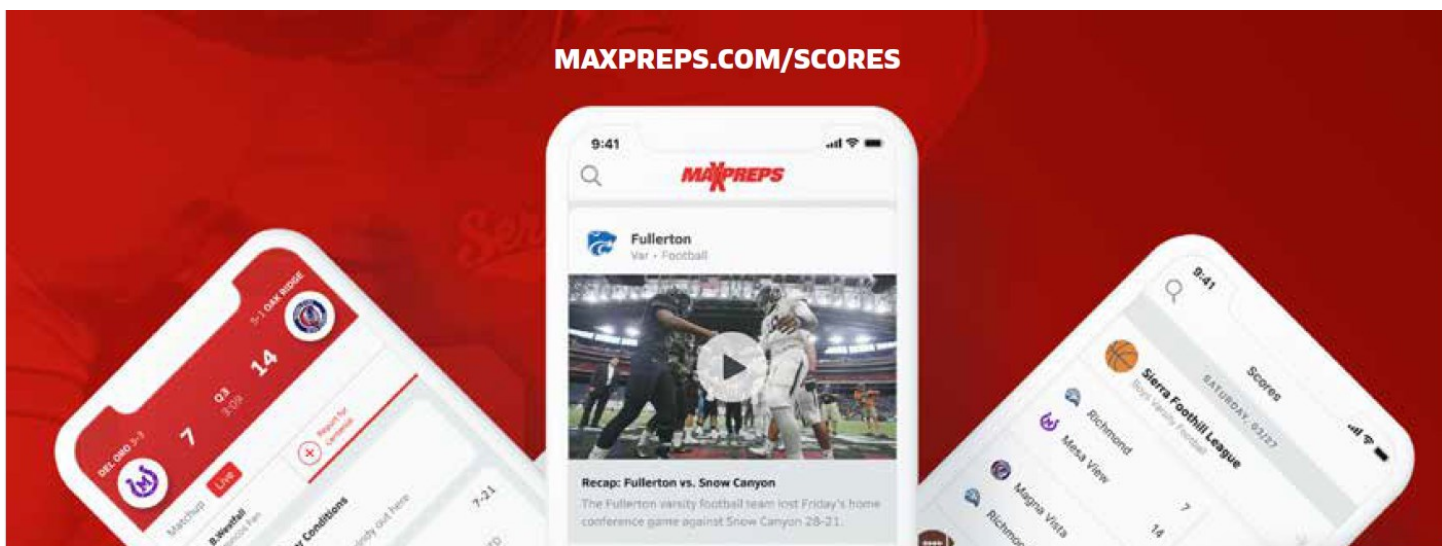
MANAGE YOUR TEAM

Request admin access to your team on MaxPreps to manage your team's schedule, roster and results. [Click here to sign up and get access or visit MaxPreps.com/coach.](#)

GAMECHANGER SYNC

Baseball and Softball coaches can automatically sync stats from GameChanger to MaxPreps. Learn more about the sync at support.maxpreps.com.

MAXPREPS.COM/SCORES



LIVE SCORING FOR THE FANS AT HOME

Keep your fans engaged and informed with live scores throughout all of your games. Teams can assign live-scoring responsibilities to a trusted program volunteer. The MaxPreps app allows a program volunteer to provide live scoring updates on their mobile device during the game. All scores/updates will be available on MaxPreps.com and the MaxPreps app. The app is available for iOS and Android.





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Oregon Athletic Directors Association

www.oadaonline.org

Hello Coaches,

Welcome to Spring Sports! After an exciting conclusion to the winter seasons, it is time to enter the home stretch of the year. Let's hope the weather is on our side.

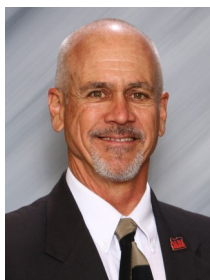
One of the main goals of the OADA is helping those that are new to the profession. Like the OACA, we are building a strong mentorship program through the leadership of our Mentor Chair, Dennis Burke. Like coaches, athletic administrators know the difficulties and challenges that the job presents. We want to encourage new ADs (and coaches) to freely consult with those with more experience and empathy for the trials that you face each day. Time can be your biggest adversary when you try to get all the things done that you are expected to accomplish. You must use it wisely and pick the brains of those who have been there before. Use their experience to help you.

In the area of professional development and connection, the OADA Executive Board (especially Conference Chair Trent Kroll) is hard at work planning another outstanding state conference next April in Sunriver. ADs from all member schools will gather to take classes and attend workshops. Many ADs will also connect with other schools to discuss and potentially finalize S.O.P.s and sport schedules.

The OADA Hall of Fame Committee, lead by Bill Bowers, has selected the 14th class into the OADA Hall of Fame. Inductees include Kevin Bryant currently at Pacific University, Paula Toney, at Burns HS, Ron Lowe, formerly of Aloha HS and Perry Stubberfield formerly of McMinnville HS. We are very excited to celebrate the induction of these special athletic administrators during the annual Conference Banquet Monday evening, April 15 in Sunriver. Special thanks to the committee for their time and effort: Bill Bowers, Boyd Bjorkquist, Marianne Mills, Lizann Schultz, Cindy Simmons, Mike Maghan, Margaret Sturza, Mike Henderson and Rob Holstrom.

Have a great Spring Season!

Dave Hood, CAA
OADA Executive Director



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TESTIMONIALS

Frosh Football Coach

9/10

"I appreciate you taking the time to talk about these things. I am a very young coach and not only will this help me with my players but it helps me in my own space."

HS Football Coach

8/10

"Very engaging and informative! Appreciate the talk!"

HS Football Coach

9/10

"That was amazing coach, being a 35 Year Old new coach, this really resonated with me."

HS Athletic Director

9/10

"Definitely want to look deeper into this aspect of our world with our coaches. Thank you."



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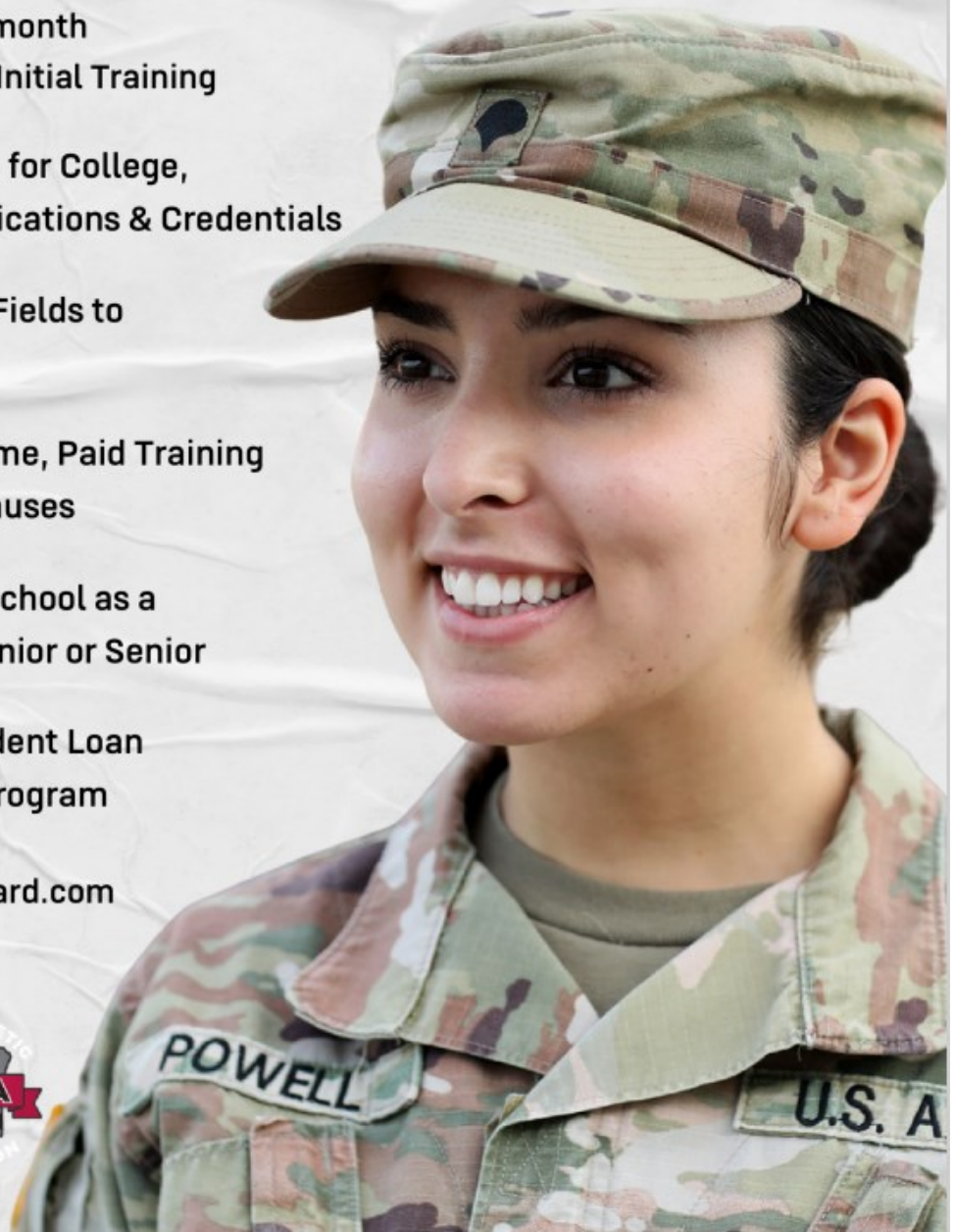
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One of the most important financial decisions a person can make is the purchase of their first home, but the process can be confusing and intimidating. At Oregon State Credit Union, we recognize that our members can feel lost as they work towards this important milestone. That's why we take the time to listen to you and learn about your unique situation. This is one of the important benefits of working with your local credit union! We will be there for you every step of the way!

Here are some of the most common tips we give our members as they prepare for homeownership:

Saving for a down payment? Open a First-Time Homebuyer Savings account! This account not only returns higher dividends than a basic savings account, it could benefit your Oregon state taxes. Because of this, it's a great place to start saving for your down payment, closing costs, loan origination fees, and more. Stop in one of our branches or check out our website to learn more: [First-time Homebuyer Savings account - Oregon State Credit Union \(oregonstatecu.com\)](https://www.oregonstatecu.com/first-time-homebuyer-savings-account)

Preparing your credit for a future home loan? Here are five tips from our recent webinar "Prepare Your Credit for Home Ownership":

1. Always set up auto pay, even if you manually pay off your credit card each statement
2. Past due? Get current!
3. Keep utilization low:
 - Credit card debt? Pay down debt by adding a little more than the minimum
 - Pay off your card each week or month
4. Don't close old lines and pull your credit report to see if you have any old open lines that may be in danger of being closed due to inactivity
5. Don't open new lines if you'll be closing soon (0-90 days)

How much house can you afford? As a member-owned cooperative, your financial health is our priority. Our online education platform offers calculators and interactive tools to help you understand how much home you can afford based on your current income and budget. It also walks you through the steps of buying a home and working with a lender. Learn more here: [Wellness Center - Topic: Housing \(banzai.org\)](https://www.banzai.org/wellness-center/topic/housing)






Along with products, services, and educational tools to help you learn at your own pace, we also have community education webinars. If you'd like a recorded copy of our "Prepare Your Credit for Homeownership" or "Five First-Time Homebuyer Myths" webinar, you can reach out to our Community Education department by emailing CommunityEd@oregonstatecu.com








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The OACA greatly appreciates the continued support from our sponsors. Because of these generous partnerships, we are able to continue to serve our members and provide scholarships for Oregon high school students.



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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. pacificoffice.com

We are very excited to have **Buffalo Wild Wings** as a Platinum Sponsor of the OACA. Enjoy all they have to offer at the various locations around the state! Additionally, 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. buffalowildwings.com



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Gold Sponsor **BSN Sports** is extremely supportive of Oregon High School athletics. 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. bsnsports.com



Leading Edge 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 also sponsors our banquet Coach of the Year awards and is an integral part of our basketball and football clinics. lefundraise.com



OREGON

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1-800-GO-GUARD * nationalguard.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. OregonArmyGuard.com

THANK YOU TO OUR SPONSORS



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. maxpreps.com

We are excited by our continued partnership with **Hudl**, Silver Sponsor and Official Video Software Partner of the OACA. 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. 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 over 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 PDX to offer even more options when using the Portland Airport area as your home base for team events and travel. sheratonportland.com

Prime Time Sports, owned by John McCallum, is a Bronze Sponsor of the OACA and provides first-class event management & planning to premiere sporting and corporate events in Portland and 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. primetimesports.co



We are proud to introduce **TEAMS OF MEN** as a new Partner of the OACA. They serve coaches who feel the desire to be more for their players than just providing the X's & O's. **TEAMS OF MEN** develops coaches' ability to build men of compassion and empathy. Please visit their website at: teamsformenmembership.group

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 or call Laurie Roe at (541) 714-4291.



Oregon State
Credit Union



With locations in Beaverton and Gresham, **Crown Trophy** supplies outstanding plaques and trophies for all the OACA events as well as for other athletic organizations. Their excellent workmanship and friendly and helpful service are certainly appreciated by the many coaches, players and teams around the state. The OACA appreciates all they do for so many. crowntrophy.com

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



2023-2024 OACA EXECUTIVE BOARD

President: Ronda McKenzie, Westview HS
President Elect/Secretary: Greg Grant, Heppner HS
Vice President: Josh Grotting, Sutherlin HS
Past President: Bill Masei, Dallas HS

Members At Large:

1A - Marji Lind, Powder Valley HS
2A - Paul Isom, Knappa HS
3A - Aaron Flack, La Pine HS
4A - Parker McKinley, La Grande HS
5A - Monty Hawkins, La Salle Prep
6A - Gina Dhom, Willamette HS

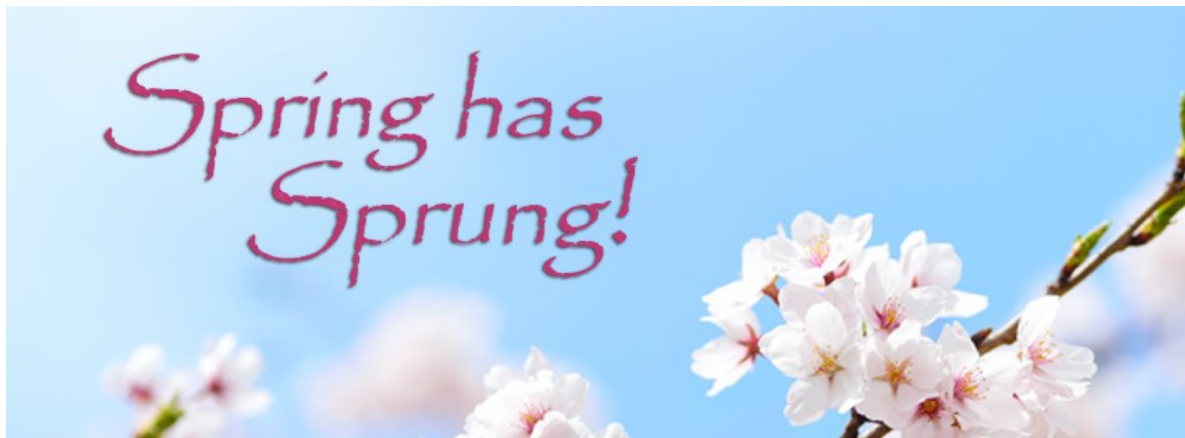
Assistant Coach Rep - Damien Ramirez, West Salem HS
Women's Leadership Rep - Laurie Evans, Mountainside HS
DEI Rep - Ryan McCants, Roosevelt HS
OSAA Liaison - Bill Masei, Dallas HS
OADA Liaison - Dave Hood, Executive Director
OAOA Liaison - Jack Folliard/Debi Hanson
OATS Liaison - Sam Johnson,
Past OACA Executive Director, OACA Advisory - Dave Johnson

Staff:

Rob Younger, Executive Director
Chris Knudsen, Associate Director
Melissa Chambers, 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: ocacarb@gmail.com Website: oregoncoach.org



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