



ONLINE Only EDITION
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Colorado COACHES

Volume 40 Number 1 Fall 2018-2019 Colorado High School Coaches Association



2018 All-State Highlights and more..



2018-2019

COLORADO HIGH SCHOOL COACHES ASSOCIATION

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Girls Basketball	Erik Melgoza, Lamar
Cross Country	Brett Shanklin, Frontier Academy
Football	Harrison Chisum, Fort Morgan
Golf	TBA
Soccer	Justin Stephens, Fort Collins
Softball	Mark Roberts, Ponderosa
Spirit	Virginia Lorbeer
Spirit	Karen Bryan
Swimming	Stringy Ervin, Littleton
Swimming	Ron Johns, Chatfield/Dakota Ridge
Tennis	Diane Wolverton, Northglenn
Track	Brett Shanklin, Frontier Academy
Volleyball	Larry Deffenbaugh, Bennett
Wrestling	Tom Galicia
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Multi-Sport Clinic	Joe Brown, Roosevelt
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Thanks to all of the great people and businesses that work with us at CHSCA!

Sports Fanatic Photography

SUPPORT OUR GAME OFFICIALS

by John Burke, Executive Director



Most successful coaches are very competitive and work immensely hard to gain success in the won-loss column of the team's schedule. The coach spends an inordinate amount of time on his/her players, coaches, parents, administrators, all those inherently connected to the team. This is how the deal works and no one would argue the importance and/or significance of these entities.

Unfortunately players, coaches, parents and fans in general often become so involved in the search for success that they forget to recognize and support a key member of the competition, the game officials. Too often our officials, particularly those at the high school level, are subjected to jeers and verbal abuse, all for a job that does not pay particularly well, requires long hours, and is done in one's 'spare' time. Not surprisingly the number of high school officials in many states, ours included, continues to decline. This drop in numbers should be a warning call to all of us in high school athletics.

Individuals who choose to become a high school referee do so for a variety of reasons. The most common explanations for becoming a high school official are as follows:

1. Give back to the community
2. Stay involved in the game they love
3. Help young people
4. Get a bit of physical exercise
5. Make a few extra bucks

With the shortage of officials many of them can now work virtually every night of the week, and in the case of basketball, officiate multiple levels of competition per night, which can lead to physical and mental fatigue by the start of the night's final game. Officials often must travel a great distance to a game and the minimum 'per

diem' paid each mile driven does not do justice to the actual wear and tear of making the trip.

We as coaches must place sportsmanship at the top of our list of lessons taught to our players and this goes for our behavior towards the game officials. Here are some suggestions for coaches to follow when reacting with game officials:

1. Promote integrity towards officials
2. Minimize selfish actions by your players and coaches
3. Maintain a non-confrontational attitude with officials
4. Focus on the teaching and learning of your own players
4. Show class in victory and defeat
5. Keep the game in perspective

Coaches must take the lead in eliminating verbal abuse directed at the officials and should make it clear to players, coaches and parents that anything less than exemplary behavior towards officials will not be tolerated. Officials are a critical piece of any game competition and need to be treated as such. Colorado is losing referees each year and it behooves coaches to help recruit new officials to stem the attrition rate in order for our games to continue unabated.

These are just a few of the areas that coaches continue to be role models in the interest of all involved. Good luck to all this fall season.

From the President-

by Thad Lear



Wow, time is flying by. When this comes out some fall sports will be over or in the

induction into the 2019 CHSCA Hall of Fame class.

In addition to the Hall of Fame CHSCA offers many other distinguished awards that we need our members to nominate candidates. Examples include everything from the Student

clinics that we will be sponsoring in the coming months, check out the web site to get the details. I want to thank current Wrestling President Tom Galacia and Past President Conrad Parra for putting together this fall's Wrestling Clinic along with Dr. Rick Bettger. We are all looking forward to seeing our Wrestling Members there. In addition to the

playoffs deciding championships, while others will be making their final push for the Playoffs. Winter Sports will be ramping up off season work and gearing up for the grind of the season ahead. Coaches today are to be commended for all of the time and effort you put into your athletes in and out of the season. On behalf of CHSCA I want to thank you all for what you are giving to our student athletes today in Colorado.

Don't forget to make sure all the head coaches are members of our association so they can participate in the nomination process of the 2019 All State games. Each year the games continue to improve and grow; don't miss out on having your student athletes potentially be a part of next summers All State games. In addition to CHSCA recognizing our student athletes in the games, coaches who are members have many opportunities to recognize colleges and peers for any of our many awards given out by CHSCA. I mention this as our Hall of Fame committee is currently looking at a number of candidates that have been nominated for possible



Athlete scholarships and the Steinmark Awards, to special coaches awards such as the Don Descombs, Lloyd Gaskill, Katte Sportsmanship, Doc Yost Teacher-Coach, and the Southall Adaptive Sports Awards. CHSCA wants and needs your help as members to nominate our outstanding coaches around the state. CHSCA also recognizes media and outside individuals and organizations that help make our organization soar into the future. Membership and commitment to recognizing the coaches and mentors that have impacted you are just a small part of what CHSCA offers.

Wrestling Clinic I can't wait to see if we have record numbers of members attending the track clinic in January. I am sure that we will offer top notch speakers and entice our track coaches to come out in record numbers this January.

Finally, I want to express to our members how grateful I am for your membership and for the efforts of our Board of Directors. CHSCA is an organization that is constantly looking for ways to maintain what we offer as well as to look to the future and see how we can better serve coaches in Colorado. Our current Board gives their time and makes tremendous effort to make sure that you all have the things you need as Colorado Coaches.

Look Forward to seeing you at the upcoming Clinics, All State meetings and Games.

I want to take a minute and remind all of you about the Wrestling and Track

Have a great year.

COLORADO HIGH SCHOOL COACHES ASSOCIATION

Benefits. Education. All State Games. Recognition.

OUR MISSION

The Colorado High School Coaches Association was founded in 1934 and presently serves over 2,800 coaches across the state of Colorado. Through its mission, CHSCA provides support for all groups coaching CHSAA-sanctioned sports in Colorado. To remember the objectives of CHSCA remember the BEAR! JOIN TODAY: www.colohsca.org



BENEFITS

B-

Million dollar liability insurance, admission card to state tournament events, hospitalities, can nominate for all state and scholarships, Colorado COACH magazine and MORE!

EDUCATION

E-

MultiSport Clinic, Wrestling Clinic, Track Clinic, New Coach Trainings, Resources, Coach CONNECT

ALL STATE GAMES

A-

Annual CHSCA All-State Games for HIGH SCHOOL SENIORS nominated by member coaches.

RECOGNITION

R-

Colorado Coaches Hall of Fame, Sport Coach of the Year Awards, Longevity Awards, Achievement Awards, Special Recognition Awards, Nominations to National Coach of the Year Awards

From the Board

News and Announcements from the CHSCA BOARD

Colorado Coaches Code of Ethics

NOW IN IT'S SECOND YEAR, WE STRONGLY ENCOURAGE ALL COACHES TO SPEND TIME LEARNING AND GROWING IN THEIR KNOWLEDGE OF THE COLORADO COACHES CODE OF ETHICS

“The Colorado High School Coaches Association has existed for over 70 years to provide clinics , service, and benefits for coaches. The expectation was that coaches would be role models for young people in their behavior and attitude. As society has evolved and our organization tries to remain current, the need to specify the proper behavior and conduct for coaches has become a necessity; it can no longer be an unwritten code. This code of ethics is established to give fundamental standards for coaches to live by.” -Associate Director Dick Katte

“Coaches play such a vital role in educationally-based athletic programs, and the more that we can do as an association to give them tools to become better at their craft, the better. It has been a useful and inspirational process to look closely at the role of coaches. Now, we strongly encourage the high school athletic departments to continue the process by taking the time to utilize this resource as they are training and working with coaches.” Associate Director Becky Mudd

COLORADO COACHES CODE OF ETHICS-



1. **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.
2. **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.
3. **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.
4. **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.
5. **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.
6. **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.
7. **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.
8. **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.
9. **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.
10. **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.
11. **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSAA rules and bylaws.
12. **CONTINUED DEVELOPMENT** A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)

www.colohsca.org



Another Successful MultiSport Clinic in 2018

At the end of July the CHSCA held it's annual MultiSport Clinic and again had fantastic numbers of coaches, presenters and vendors coming together to make it all possible.

One of the highlights of this year's clinic included the addition of the **NEW COACHES SESSION** held on Thursday night at Top Golf. New Coaches were welcomed to the CHSCA and had a great night of training and golfing.

Attendees also enjoyed presentations from **PROACTIVE COACHING** and **SPORT SPECIFIC TRAININGS**.

As always, one of the **BEST** things about the clinic was the social time spent with all of the coaches together getting ready to kick off a fantastic year.

Special thanks to Chris Kemm and Joe Brown, our Clinic Directors, for making it all possible!



CONGRATULATIONS

AWARD WINNERS ON THE NATIONAL SCENE



Congratulations to COLORADO COACHES who won awards on the National Stage this past summer. Pam Fagerlund (top left) and Joe Shields (bottom left) were both inducted into the NHSACA Hall of Fame. Joe Brown (top right) was named a “TOP 40 UNDER 40” for his work as a coach and AD. Congratulations to all of these coaches and their families! Read more in the following links:

[NHSACA](#)
[40 UNDER 40](#)

ALL STATE REVIEW

Athletes from all over Colorado Compete in the Games



All State Staff at the Tailgate Event

The 62nd CHSCA All State Games were held this past June at ASU and were a tremendous success! Participants included 274 athletes representing 172 different high schools, 45 coaches, and 24 Board volunteers. THANK YOU to all of the coaches who participated in the nomination and selection process and attended the All State Games and an especially big THANK YOU to all volunteers who helped make this a great event to honor these athletes and coaches! We couldn't do it without you! Director Amy Estes did another fabulous job of organizing and running the games.

Make sure to check out the

CHSCA All State Games on Twitter or Facebook to experience the highlights again, or for the first time! #CHSCAAllState18 @CHSCAAllStateGames

The boys and girls SOCCER ALL-STATE games were also a great success, held this past summer at Trailblazer Stadium in Lakewood. The girls game went to a shootout, and the boys had a competitive game as well. Huge thanks to our soccer representatives, especially Dan Watkins and Justin Stephens, for helping to make these games a success.

Preparations are already underway for the 63rd CHSCA All State Games to be held at Adams State University June 4-8, 2019. Don't miss the opportunity for you and your senior athletes to participate!

Softball and Volleyball coaches- Please make sure you go to your league meeting prepared to select and designate a CHSCA member to submit your nominees online.

League Reps must be a CHSCA member and all nominated players MUST PLAY FOR A CHSCA MEMBER COACH.

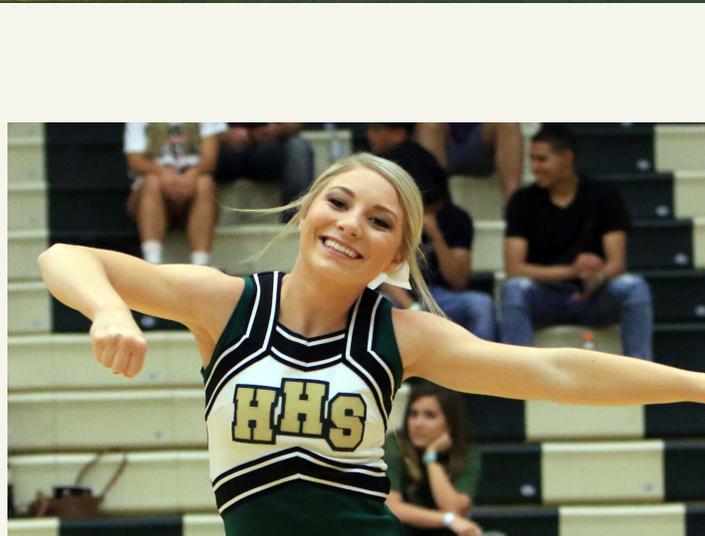
Softball nominations are now being accepted at <https://www.colohsca.org/page/show/3367690-softball>

Volleyball nominations will be accepted starting the weekend following the last regular season games at <https://www.colohsca.org/page/show/3367704-volleyball>

Football coaches- All nomination and selection information will be emailed to all CHSCA member coaches prior to the end of the regular season. At your league meetings, be ready with your player nominations INCLUDING CONTACT EMAIL AND PHONE then DESIGNATE A CHSCA member to submit for your league. **League Reps must be a CHSCA member and all nominated players MUST PLAY FOR A CHSCA MEMBER COACH.** Please mark your calendars for the selection meeting which will be held at the CHSAA offices on Sunday, December 9 at 10:00am.



Dan Watkins doing it all at the soccer games!





*all action photographs by
sportsfanaticphotography.com*



A photograph of a golfer in mid-swing on a golf course. The golfer is wearing a black shirt, purple shorts, a white cap, and white shoes. The background shows a green golf course with trees and a cloudy sky. The title 'Five Coaching Reminders from the Course' is overlaid in large white serif font on the right side of the image.

Five Coaching Reminders from the Course

Golfer Westin Pals, photo courtesy of Kevin Volz

by **Becky Mudd-**
Associate Director



It's a Tuesday morning in the beautiful Colorado fall, yet it still feels like summer.

Approximately 13 schools each with anywhere from a couple players to large teams all converge on a golf course at the crack of dawn (yes, ON a school day!) and head out all over the 18 different tee boxes to begin the match. For the next five hours the small groups circle the course, playing a game that they love. Spectators are scarce (until Regionals and State), and walk the course with their player, or ride a cart if the course will allow (and the fan

pays a cart fee, which I have found to be a bit more than the \$7 admission to a football game). When the match is over, scores are totaled and the teams head out—usually to a late lunch, then back to school to end the day.

Over the past 25 years I have coached multiple team sports, so learning about an individual sport has been fascinating and enlightening. Some of the sights are familiar, but some are completely unlike anything you would see in a team sport. I have watched with a “coach’s eye,” seeing what we *all* can take away from the golf course.

Golf is no different than other high school sports in the area that there are high school coaches who love

teaching and coaching high school athletes. (Shout out to those that I have personally seen working directly with these athletes: Kevin Volz, Dave Vahling, and Jason Preeo.) Some of these coaches are teachers, some are golf professionals, and some of them work in other professions~ but all of them give so much more to high school athletes than the pay reflects. At one match a coach was getting after his athlete to remember that “every shot matters”. At regionals I was within earshot to hear a coach give his “pre-game” speech to the athletes to focus, do their best, and count it up at the end. **REMINDER 1:** Time and time again I have seen that coaches want the best for and from their athletes, no matter what sport they coach.

In both individual sports as well as team sports there are some very high caliber athletes. At every match across the state there are players shooting par or just under par. While this would be unusual in other sports, on any great day they could score like the PGA professionals. To reach that level they must be able to replicate their game over and over, through a ton of time and work on their game. **REMINDER 2:** Build consistency, and help players consistently perform at their best to raise the level of their game.

As the match progresses, several other things strike me. Players have to complete all kinds of feats not seen on the team sport scene. Finish each hole—write down each other’s scores (AND enter in your phone). Have a bad shot or hole? Usually not a coach around to give instant feedback- have to play on. Have a unique scoring situation? Know all of the intricate rules and/or discuss them with your competitors to correctly execute the score. Players can (and should) even call penalties on themselves and others (no refs in sight!) **REMINDER 3:** Coach them up as much as you can in practice, give them the confidence to execute during competition. Watch them rise to a level of excellent and fair play.

In golf, it is easy to recognize great shots. Someone chips in from the fairway or makes a long putt and all of the players and spectators say “Great Shot!” People generally are complimentary and encouraging to all of the players. In return, the players respond graciously, and give back compliments to their opponents. Coaches from other teams talk



Golfers Ryan Mudd, Dylan McTaggart, Brendan Crowther

positively to all of the players and help out whenever they can. The players get to know the players and coaches from other schools. (The spectators even get to know the parents from other schools.) All of this is happening while the player is trying to do THEIR best. **REMINDER 4:** Teach players to be constantly working to do THEIR best while also learning to recognize good play no matter the source, and to appreciate their opponents as competitors but

also as integral parts of having a competition.

As the match winds down the boys get back together near the clubhouse. While waiting for everyone to finish they are socializing with opponents and teammates all together. They enter scores, find out where they finished, congratulate top finishers and “rehash” what they did on different holes on the course. They celebrate great shots and lament the putt they should have made. It is great to see players work hard to do their very best and to be able to respond so positively after the match. It’s true competition and comradery all in one. **REMINDER 5:** This sport, like all of the sports, is for the kids, and all that they can learn and take away from the experience.

Congratulations to all of our CHSCA Golf Coaches on your Fall Golf Season. Thanks for all of the time and effort that you pour into teaching student athletes about the game and so much more. If you had a SENIOR GOLFER who PLAYED AT STATE, please nominate them to play in the **CHSCA ALL STATE GAMES for 2019** as we look to add GOLF to our events. <https://colohsca.sportngin.com/register/form/122055072>



Golfers Jackson Klutznick, Westin Pals, Billy Howenstein, Walker Franklin



CHSCA
COLORADO HIGH SCHOOL COACHES ASSOCIATION

WRESTLING CLINIC

Oct. 19-20, 2018

Host: Rangeview HS (full agenda below)

Register ONLINE at www.colohsca.org

(note: if you are ALREADY a member for '18-'19 and want to register for JUST THE CLINIC send an email to becky.mudd@colohsca.org for a clinic only registration link)

FRIDAY – OCTOBER 19, 2018

5:30 Clinic Registration Clinic Director---Register on the CHSCA web site on line and SAVE MONEY
6:00 - 7:00--Rhonda Blanford-Green, CHSAA Commissioner, Ernie Dererra, Thresa Muniz, CHSAA Staff
7:00 - 8:00 pm Bartlett Golyer, Poudre High School
8:15- 9:15 Coaches Social @ Legends Aurora Sports Grill--Across the Street from the Double Tree Hotel

SATURDAY – OCT 20, 2018

8:15am - 9:00 am Registration
9:00 - 11:00 am Jason Ramstetter, Adams State University, Head Coach
11:00 - 12:00 pm CWOA Rules Interpreter Rob Ververs
12:00 - 1:00pm Box Lunches Provided by CHSCA and Business Meeting--Tom Galicia
1:00 - 3:00 pm Charlie Pipher, Western State Colorado University, Head Coach

Closing Remarks

--All Agendas are subject to changes

HOTEL: Double Tree Hotel Rooms \$119--Denver Aurora

13696 East Iliff Place Aurora, CO 80014 Phone is 303 377 2800
Coaches Social Thursday 8:15 pm is at Legends Sports Cafe across the street from this hotel.

Here is the link for the hotel ONLINE RESERVATIONS:

<http://doubletree.hilton.com/en/dt/groups/personalized/D/DENITDT-CHS-20181019/index.jhtml>

If your guests prefer to book their reservations over the phone, they may call Hilton Reservations at 1-800-774-1500, our front desk at 303-337-2800, or 303-614-0788. For reference, your group code is CHS.

Clinic Attendance Fulfills Mandated CHSAA Annual Rules Requirement



ADAMS STATE UNIVERSITY
COACHES CLINIC
WOMENS & MENS BASKETBALL

SUNDAY, NOVEMBER 4TH, 2018 1:00PM-8:00PM

Plachy Hall

Alamosa, CO

SPEAKERS



Victor Esparza



Erik Melgoza



Russ Caton



Jaime Green



Jordan Mellott



Sta'Nisha Hersey



Larry Mortensen

CLINIC SCHEDULE

12:30 Registration (Plachy Hall)

1:00 pm **Referee Certification** - Lenny Espinoza (Area Director)

2:00 pm **Aggie Defense & Drills** – Victor Esparza (Head Coach, Oklahoma Panhandle State)

3:00 pm **Mental Toughness Drills** – Sta’Nisha Hersey (Head Coach, Otero Junior College)

4:00 pm **Implementing a Solid Strength Program** – Russ Caton (Head MBB Coach, ASU)

5:00 pm **FREE Dinner provided by ASU Grizzly Athletics & Door Prize Drawings**

5:30 pm **Creating Better Shooters** – Jordan Mellott (ASU WBB Recruiting Coordinator)

6:00 pm **<Grizzly Shooting>** – Jaime Green (ASU WBB Head Coach)

6:30 pm **Dealing with Parents & Admin.** – Larry Mortenson (ASU – Athletic Director)

7:00 pm **<Wearing Two Hats>: AD/Coach** – Erik Melgoza (Alamosa-Athletic Director)

Pre-Registration Form

1 Coach: \$50 2 or more coaches: \$35/ per coach

Number of Coaches: _____

Name (s): _____

School: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail Checks/Form to: ASU Women’s Basketball, 208 Edgemont Blvd., Alamosa, CO 81101

If you have any additional questions please email: jgreen@adams.edu or jmellott@adams.edu



A note from CHSAA



By Ernie Derrera~ CHSAA Assistant Commissioner, CHSCA Liaison

Good day, coaches. As we approach the end of the fall sports season, start the fall playoffs and transition to the winter sports season, I felt it would be a good time to reach out and update you on where we stand with regards to recent changes in coaching bylaws in the CHSAA Constitution & Bylaws.

In the spring of 2018, the CHSAA Legislative Council passed new legislation on coaching high school sports in Colorado. Based on the recommendations of the Coaching Education & Registration Committee, all high school coaches, regardless of compensation, will fall into one of two categories: permanent or 1st-year coaches.

Permanent coaches are defined as any coach who has previously been a certified teacher in a Colorado high school and has actively coached a CHSAA sanctioned activity sometime during the last three years or a coach who was permanently certified by the CHSAA prior to July 1, 2018. Permanent coaches shall be listed as such in the Arbiter system and have only to complete the standard courses that you have been accustomed to: the annual CHSAA Bylaws test, the annual concussion training, and be currently certified in First Aid/CPR/AED training.

1st-year coaches are all other coaches, including certified teachers who have not coached a CHSAA-sanctioned activity in a member school with the last three years. This also includes volunteer coaches. In addition to the standard courses that are required of permanent coaches, 1st-year coaches shall also be registered with the CHSAA via the Arbiter system and shall complete the CHSAA 1st-year coaches course. These are both available via the Arbiter system once your AD enters you into the system.

The Coaches Education Committee felt that coaching is a profession and, as such, there should be a minimum level of education and professional development for all coaches in CO high school sports. With that in mind, all volunteer coaches are to be registered just as all other coaches. As mentioned earlier, that means they will have to pay the registration fee, unless that fee is waived by the coach's AD. That fee can be waived if two conditions are met: 1) the volunteer coach does not have sole supervisory for any team at any level, and 2) the coach, in the opinion of the school AD, does not play a significant coaching role for the team (i.e. is limited in the number of days that are coached, is not required to coach during competitions, etc)

Hopefully, that explains recent changes in coaching education and registration. If you should have any questions concerning coaching education and registration, please reach out to your AD.

UPDATES from the Sport Presidents

The nomination committee for coaches met and we are very interested in receiving more names of coaches we can nominate for our various awards!

What we need is for your league czar/president, of your sport, to send your **Coach of the Year** name to your CHSCA sport president, and we will take it from there! Please email it to your sport president as you elect this coach.

Do you need your sports president's name? Find it below!

- Basketball, Boys - Joe Ortiz, ThunderRidge
- Basketball, Girls - Erik Melgoza, Alamosa
- Football - Harrison Chisum, Fort Morgan
- Golf - Troy Baker, Buena Vista HS
- Soccer -Justin Stephens, Fort Collins
- Softball - Mark Roberts, Ponderosa
- Spirit - Karen Bryan and Virginia Lorbeer
- Tennis - Diane Wolverton, Northglenn HS
- Track/Cross Country - Brett Shanklin, Frontier Academy
- Volleyball - Larry Deffenbaugh, Bennett
- Wrestling – Tom Galicia, Fort Lupton HS

WRESTLING

President Tom Galicia



of you are still preparing for the 2018-

Wrestling coaches and wrestling fans, We are about to head into another wrestling season now that all the summer off-season work is in the bag and some

2019 season with your open gyms. We should be set for a very exciting and action-packed season this year with top teams reloading and pushing their teams to make a run for a team title. It will also be fun to watch each of the individual wrestlers defend their state titles in each of their respective divisions. We also want to watch the other wrestlers trying to move up on the podium or set their feet on the podium for the first time. Then to top it off we are in for a special treat, as we have four individual seniors wrestling to become one of Colorado's elite by becoming a four-time state

champion. Andrew Alerez; Greeley West, Theorius Robinson; Pomona, Cohlton Schultz; Ponderosa, Brendon Garcia; Pueblo County Good Luck to All!

Our coaches clinic will be held at Rangeview High School on October 19 and 20th. For more information please feel free to contact me, Tom Galicia 720-839-7301. Good luck and stay healthy, we will see you throughout the season.

TENNIS

President Diane Wolverton



Hello! Fall tennis is coming to a close on the regular season as I write this and teams are excitedly looking forward to Regional and State tennis. It has been

a beautiful fall, albeit a very hot one!

With everything going on in my world of coaching, I am looking toward our February 16-17, 2019 USPTA/High School Coaching Clinic, at Lifetime Tennis in Centennial, Colorado! Last year we brought back breakfast with coffee, which many of you traveling in that morning, had requested. I'm looking for more feedback to make this event tailored to you and your needs. What can we add? What could we remove? Would you like more vendors? More samples in your welcome bags?

New drills, more coaches on court time to practice the drills? Please let me know.

I would also like to ask you all for suggestions for coaches and teachers you think deserve awards. Nominate yourself, as well! We work so hard to help our kids earn awards, but often overlook ourselves and our hardworking and deserving peers. There are several awards to be had, ones for longevity of coaching, ones for well deserving teacher/coaches, and many others. Please go to colohsca.org and look under the Awards & Forms tab.

I am also the chair for the Community Development Committee with CIA, (Colorado Tennis Association), and we have some grant money to help out with new windscreens, program needs, say you are considering running a summer camp, for instance, and other court and equipment needs. We can get our hands on lots of good used tennis balls to start up your season or for use in your ball machine.

As always, remember if you need racquets for your kids, we have the Racquets For All program; and if you have racquets collected to donate, we will get them in good shape for kids thinking they would like to start playing this great sport.

If you are a new coach, please get on our Colorado Tennis Coaches Facebook page! Find it at Colorado High School Tennis Coaches' Association and get ready to post when you need matches, help with rules, parents, kids, anything.

Thanks for reading, and let me know if there is anything I am able to help you with!

Diane~
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SOFTBALL President Mark Roberts



The Intentional Walk

As a coach, have you ever made a decision to do something but then eased off the gas pedal a little bit because you weren't sure how others would perceive your unpopular decision? It is my belief that coaches will sacrifice popularity to do what they believe is the right thing to do and that's the way it should be.

I had an incident this softball season where one of our pitchers asked me to "please not request an intentional walk" when she was pitching. So, I tried to explain to her why coaches sometime intentionally walk batters in a game. And, although my pitcher is a great kid, and one of my all-time favorite players, my explanation just wasn't getting through to her. So in our first game this season, I intentionally walked the opposing team's lead-off batter (not exactly a great coaching strategy). Nobody (except the opposing coach and the umpires) knew what was going on. I then sent my Assistant Coach out to visit with our pitcher. My Assistant Coach passed on the message to trust her coaches' decision making, and not to second guess her coaches. I watched my pitcher nod her head in acknowledgement so, the message was clearly sent and received.

My Assistant Coach also told our pitcher that I was watching her to see how she would react to my unpopular decision. Of course, my whole angle was that if

she was going to melt down because of my coaching actions, I would rather her melt down now instead of melting down during post-season play (when I may have to actually intentionally walk a batter).

The beauty of the story, is that after the game was over, my pitcher's parents found out in the parking lot what I had purposely done. They were so excited about the fact that I was teaching their daughter a valuable lesson that they started slapping "high fives" in the parking lot! Later that night, I received a text message from my pitcher and her parents. In her parent's text, they thanked me for teaching their daughter a valuable lesson by actually coaching her. They said it would be a lesson that she will never forget. My pitcher apologized and thanked me for the lesson as well.

In conclusion, I took a risk by intentionally walking the opposing team's lead-off hitter. I took a risk by getting into my pitcher's head which could have caused an on the spot melt down. I took a risk too in not knowing how my pitcher's parents were going to react to such a coaching move. And maybe, I was lucky to have such good parents that would support me in this case, but all in all, it was a small risk that I was willing to take for the betterment of the team.

My advice to all coaches making tough coaching decisions is to keep your foot on the gas pedal. Don't look into your rear view mirror to check and see how your coaching decisions are being perceived. After all, part of coaching is knowing when to pull the right strings at the right time.

Even though we intentionally walked the lead-off hitter, two pitches later, the

batter was thrown out trying to steal second base. Whew! A win-win situation. It could have back fired on me, but it's more important to teach and coach the right thing for the individual player and for the team.

I'll leave this to all of you Big Labowski Fans. In the words of actor Sam Elliott, "sometimes you eat the bar (southern pronunciation of bear) and sometimes, well, sometimes he eats you!"

GIRLS' BASKETBALL
President Erik Melgoza



Wow, what a great year for girls' basketball in the state of Colorado. I would like to wish a huge congratulations to all of the State Champion

Teams, coaches and players. 5A – Grandview, 4A- Evergreen, 3A- St. Mary's, 2A- Yuma and 1A- Kit Carson. That's not to say that just because you didn't win that final game your season was not a success. Success comes in many forms, it could be small goals that were achieved as an individual or a team. You as a coach or a player could have overcome personal adversity to make your season a success. The bottom line is that if you were committed as a coach and player you've won "The Most Committed Win". We had an outstanding All-State games that were held in beautiful Alamosa, Colorado. Every sport had a great turnout and the whole event was run without a hitch. Huge thank you to Amy Estes of CHSCA for her countless hours of work and tremendous organizational skills, also Rob Lopez and Larry Mortenson of

Adams State University for all their help and hospitality. I would also take this time to congratulate the Colorado High School Coaches Association girls' basketball coach of the year- Josh Ulitzky- Grandview, he completed a back to back championship season. The Ceal Berry award winner was Dick Peecher formerly of McClave, a long time coach with multiple State Championships to his credit. Both of these coaches have led quality programs and have helped numerous young athletes reach high levels of success. Congratulations gentlemen! Now for a new season, I'm sure that many hours have been spent over the summer honing the athlete's skills. Coaches we must do the same, I personally take this preseason time to improve mine. I like to look back at the previous season's game film, I do this in order to identify strengths and weaknesses of the team. I look over practice plans from the last two seasons to see if my methods are benefiting the athlete and the skill level of the program. I also like to watch coaching podcasts and clinic videos in order to stay on top of current trends of the game of basketball. Coaches we ask players to put in extra time, we have to as well "Pound Your Skill". Many of you know me as the girls coach of Lamar High School. After a career change I am the new Athletic Director at Alamosa High School; but I couldn't stay out of coaching and I will be helping a quality staff and group of skilled players this winter. So as they say coaching truly is in your blood. Have a great year.

FOOTBALL
President Harrison Chisum



The football selection meeting is scheduled for December 9, 10:00am at the CHSAA offices in

Aurora. Remember that HEAD COACHES must be members to nominate for All-State.

SOCCER
President Justin Stephens



By the time many of you read this, you will have perhaps played half of your regular season games.

Hopefully your season is going well, your athletes are staying fit, and your fans are supporting your teams!

If I may, I'd like to share a tidbit I received from a former player who has gone on to become an assistant coach at a premier division one school. We were discussing training sessions and match related games and he said something which really stuck with me. He said, "know who you are, know what you want to get from your players, and come up with exercises, games, and sessions to get that out of them. Don't plunder the internet for Pep's latest video." It was an interesting discussion. Soccer is constantly evolving and sometimes we scour whatever sources we can looking for new and fresh training ideas for our

teams. His point though, is simple and is this: Pep's training game on the internet is not at the heart of their training and just throwing his exercise into your sessions won't suddenly have your team playing like City anyway. Instead, I would encourage you to own the style of play you want your team to have and find creative ways to get that out of them. Keep training fresh, but know that every exercise contributes to your players reaching your and their goals.

With that advice in mind, I would encourage you to take advantage of the many opportunities for coach development available to you! First and foremost is our multi-sport clinic. We welcomed several excellent clinicians during the July clinic including Jamie Franks, head coach of the currently top 10 ranked University of Denver men and Theresa Echtermeyer, multiple time state champion head coach for the boys and girls at Mountain Vista High School. We also had excellent sessions on injury prevention!

Please plan to join us for our fall all-state meeting! It will be held at Fort Collins High School on November 11th at 10:00 am. We will be moving forward with the new process for all-state nomination and voting. Coaches must be members to nominate players from their teams, so please share this with any coach you believe would have interest in their players being nominated and would benefit from membership!

I'd like to also take this opportunity to once more congratulate the spring soccer state champions:

- 5A: Tari Wood – Grandview High School
- 4A: Mario Garcia – Windsor High School
- 3A: Denise Sutton – Jefferson Academy

2A: David Criswell – Dawson School

Good luck to one and all as you take on the always exhausting and often thankless work of coaching young athletes! We appreciate all that you do!

VOLLEYBALL
President Larry Deffenbaugh



Greetings
 CHSCA
 Volleyball
 Coaches!

The new season is upon us and we

are in full gear with many exciting and entertaining matches already played! RPI is now being posted so please keep your records up to date on MaxPreps including team statistics. It is very important for the RPI to stay current and up to date for each team throughout the season. This will make all of the difference in your seeding. As a coach we know how hard you work in the summer, during the season, attending meetings. The hours are long and commitment is full. It is your PASSION that makes you and our organization who we are! Thank you!

Secondly, it is time to start thinking about nominating a qualified coach for the 2018 Horizon Award and the 2018 Pioneer Award. These are arguably the highest awards honored in our CHSCA Organization for Volleyball besides the prestigious CHSCA Hall of Fame. These two awards will be given out at the CHSAA State Volleyball Tournament in March.

The **Pioneer Award** was established in order to recognize an individual who has helped to "pave" the way for others to

follow. His/her service, leadership contributions to volleyball, and longevity have made it possible for others to pursue their passion to coach volleyball. The **Horizon Award** was established to recognize newer coaches who have been at their schools at least 3 years and whose enthusiasm and involvement in his/her volleyball program has made significant improvements in their school's overall success.

You will be receiving an email soon to request nominations for these awards. Good luck this season and have an amazing school year!

BOYS' BASKETBALL
President Joe Ortiz



Coaches,

Hope all is going well with your preseason workouts. In this times of me first I wanted to share some

thoughts on Loyalty. Best of luck this year!

Loyalty is having an unwavering commitment to our basketball program. It's a belief in our system of play and the coaches who implement it. It's having trust and confidence in your teammates and having genuine happiness for their successes on the court. It's an understanding that individually or collectively we will go through struggles and through these times we will grow and get stronger but there is no wavering to that commitment. Loyalty is placing the program goals over your own. It's not about "me getting mine" but about "us getting ours." It's about working together to iron out any issues that can arise and not about pointing fingers or placing blame. It's not about changing schools or looking out for #1. It's about

believing in a cause, making sacrifices, holding steadfast to your commitment, working through good times and bad and being faithful to your teammates and coaches.

**SPIRIT
President Virginia Lorbeer**



ATTENTION SPIRIT COACHES; Be sure to read. This is new as your registration will be done through Arbiter

Athlete. **DEADLINE for Registration: OCTOBER 19 -- NO LATE REGISTRATIONS ACCEPTED!**

2018 STATE SPIRIT REGISTRATION

2018 State Spirit Registration is now located on **Arbiter Athlete**(www.arbiterathlete.com). The interactive form must be completed and submitted through the **Arbiter Athlete** website by your school's **athletic director or athletic secretary**.

ONLY ATHLETIC DIRECTORS OR ATHLETIC SECRETARIES CAN ACCESS AND COMPLETE THE FORM

NFHS Music Requirement

This year with your State Spirit Registration, there is a **MANDATORY** upload of your licensing information to the brand new NFHS Copyright Compliance Database found at www.NFHS.org. You must click on the **Resources** tab and then find the **"Copyright Compliance"**. It will prompt you to create an account and login with the NFHS. When you get to the database, you will need to do the following steps:

1. Manage/create your school
2. Add/manage an ensemble (group) and indicate whether you have a cheer or dance team
3. Add your music/license information under "manage selections"
4. Once this is all complete, you will go to "Search Events" and look under "Colorado" for the CHSAA State Spirit Championships 2018. You will then click "View/Attend" to add your team into the championships.
5. The **DEADLINE** for submitting your information

into this NFHS database is October 19th – along with your CHSAA registration

Please visit <http://www2.chsaa.org/sports/spirit/state-entry.asp> for complete information regarding 2018 CHSAA State Spirit Registration.

AGAIN, THE DEADLINE FOR STATE ENTRIES IS OCTOBER 19TH (NO EXCEPTIONS)

2019

MEETS THE HEAD COACHES CLINIC RULE REQUIREMENTS AS MANDATED BY CHSAA

TRACK COACHES CLINIC

★ **JANUARY 25 - 26, 2019** ★
Radisson Hotel, I-225 and Parker Road

★ ★ ★ ★ ★

FOR CLINIC INFORMATION

970.879.1592

COLLEGE CREDIT

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602.978.5919

REGISTRATION

John Burke
jburke24@cox.net

KEYNOTE SPEAKERS ★

NEW PROGRAM IDEAS ★

VENDORS & PRODUCTS

MEET COLLEAGUES FROM ACROSS THE COUNTRY AND SHARE IDEAS!

CHSCA AWARDS- go online for information and applications



CHSCA HALL OF FAME—For over 50 years, CHSCA has recognized its most outstanding coaches from across the state in the HALL OF FAME. Coaches must be members of CHSCA and have shown excellence in coaching in Colorado. Coaches are nominated and then fill out applications for the selection committee. Nominations and applications are accepted year round, then applicants stay in the selection pool for 5 years before needing to be re-nominated.

AWARDS for ALL Member Coaches

(COACHES SHOULD FILL OUT THE FORMS ON THE WEBSITE FOR THESE AWARDS)

Achievement Awards

- Awards based on wins. There is a chart found on our website which shows the “levels” of achievement in each individual sport. Applications accepted year round.

Longevity Awards

- A longevity award is given after 10 years coaching ANY high school sport(s) while being a member of the Colorado High School Coaches Association. An additional award is given for each additional 5 years spent coaching ANY high school sport(s) while a member of the Association. (NOTE: Each YEAR of service counts, at ANY level, no matter WHICH sport coached or if multiple sports coached). Applications accepted year round.

AWARDS for ATHLETES of Member Coaches

SCHOLARSHIPS

- The Association awards \$1000 CHSCA SCHOLARSHIPS. Athletes qualify if a) you will be a graduating senior this school year, b) you have lettered in at least one sport and c) you have been nominated by a member-coach of the Colorado High School Coaches Association. **Each member-coach may nominate only one athlete. The number of nominees from each school will be reduced to one applicant before final selection. January Deadline. (see application online)**

STEINMARK AWARD

- One of Colorado’s most prestigious awards, the Steinmark Award is given every June to a top student-athlete. The nomination and selection process is in depth and should be completed by a strict deadline. Nominations are due by the end of the spring season and Application Forms can be found online.

AWARDS for COACHES by SPORT GROUP

Each sport group will name a **COACH OF THE YEAR** as well as OTHER SPECIAL AWARDS by SPORT GROUP—these include:

Boys’ Basketball	Tom Sutak Award
Cross Country and Track and Field	Shawn Sherife award Eric Wolff award Joe I Vigil award
Football	Ed Lesar Award
Girls’ Basketball	Ceal Barry Award
Soccer	Tracy Fifer Award
Track and Field	Warren Mitchell Award
Volleyball	Pioneer Award, Horizon Award

SPECIAL AWARDS (Use the “SPECIAL AWARDS” FORM ON OUR WEBSITE to nominate individuals/organizations for these awards)

Don DesCombes Award	}	<ul style="list-style-type: none"> • This award is named after the founding father of the CHSCA. It is given in recognition of exceptional leadership and dedicated service to the CHSCA, and is the most prestigious award given by the Association.
Lloyd Gaskill Award		<ul style="list-style-type: none"> • The award is named after the legendary Limon High School coach. It is given to an individual (excluding coaching and athletic director duties and honors) who has given his/her time and support for the betterment of Colorado high school athletics.
Media Award		<ul style="list-style-type: none"> • This award is given to an organization (newspaper, radio or television station, etc.) or individual who has significantly supported Colorado high school athletics through the media.
Benefactor Award		<ul style="list-style-type: none"> • The award is given to an organization, business, or individual that has provided material and/or financial support to the CHSCA.
Assistant Coach of the Year		<ul style="list-style-type: none"> • This award is given to an assistant coach who through his/her time, dedication, and loyalty has contributed significantly to the success and development of the high school athletes of Colorado. Two awards will be given each year – one for an assistant in a girls’ sport and one for an assistant in a boys’ sport. This individual must have served as an assistant coach at the high school level for a minimum of five years, and shall not have been a head coach in any sport at the high school level for more than five years. (EXCEPTION: That individual can regain eligibility for the Assistant Coach Award once five years or more have passed since serving as a head coach.)

AWARDS for COACHES BY SPECIAL APPLICATION (find forms ONLINE)

Dale Yost Teacher Coach Award—Named after Dr. Dale Yost, a long-time teacher and coach in Colorado, this award honors a coach who also has contributed greatly to the teaching profession, and who has excelled at both. The award is decided on the following criteria: experience as a teacher and as a coach, holding the position of Department Chair, honors received in both teaching and coaching, and membership in the Colorado High School Coaches Association.

Dick Katte Sportsmanship Award-- Sportsmanship is how you play the game—conduct that leaves a much longer-lasting impression than who won the game. It has been one of the criteria by which teams, players and fans have been judged for many years. The coach is influential in sportsmanship by his or her actions and demeanor. Like Coach Dick Katte in his own coaching career, CHSCA wants to recognize coaches who promote good sportsmanship and, by their actions, are positive role models. Nominated coaches must display an impression of dignity in all circumstances, and their teams and participants must be characterized by fair play, teamwork and courtesy. In addition the coach must be willing to censure those players and assistants who violate this conduct.

Tom Southall Award-- This award is named after Tom Southall, a longtime advocate for paralympic and special olympic activities. It is given to an individual or group for their involvement in or support of paralympic and/or special olympic activities, or assisting individuals with special needs with involvement in athletics. If given to an individual, that individual must be a member of the CHSCA.

CONTINUING EDUCATION

NEWS

EXTENDED STUDIES CREDIT

2018-2019



2018 Colorado Wrestling Coaching Clinic

*November 1-2
TBA*

Oct. 19-20, Rangeview HS

2019 Baseball Coaches Clinic

*January 17-19
DTC Marriott, Denver*

2019 Colorado Track & Field Coaches

*Clinic January 25-26
Radisson Hotel
Denver Southeast*

2019 Athletic Directors Conference

*April 27-30
Beaver Run*

2018 Colorado All State Games

*June 5-9
Adams State University*

2018 Multi-Sport Coaches Clinic

*Basketball, Cross
Country, Field Hockey,
Football, Golf Soccer,
Softball, Spirit, Volleyball*

*July 26-27
Radisson Hotel
Denver Southeast*

2018 CHSSA All Schools Summit

*July 30-31
DTC Marriott
Hotel, Denver*

2018 CHSAA Speech Conference

*Dates TBA
Cherry Creek High School*

2019 Glazier Football Clinic

*February 22-24
Westin Hotel
Westminster*



1-3 CREDIT HOURS AVAILABLE

DR. RICK D. BETTGER, CHSCA DIRECTOR OF EDUCATION

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REGISTER ON SITE AT CLINICS FOR COLLEGE CREDIT