



OACA Newsletter

FALL/WINTER 2025-26

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SERVING COACHES FOR 91 YEARS

DIRECTOR'S CORNER

Rob Younger, OACA Executive Director



As I write this Director's Corner, I am sitting on a deck at a Cabo San Lucas resort, looking out over the beautiful view of Cabo Bay. It's a perfect place to reflect on how many individuals volunteer countless hours on behalf of the OACA and the thousands of high school coaches we serve.

It begins with the fifteen outstanding leaders who make up the OACA Board of Directors. Their dedication and commitment are sincerely appreciated. The board consists of four leadership positions - President, President-Elect/Secretary, Vice President, and Past President - as well as eleven "Members at Large" representing each of the six classifications, an Assistant Coach representative, a Women's Leadership representative, a DEI representative, a Spirit/Dance Coach representative, and an OSAA Board liaison.

Josh Grotting of Sutherlin HS has done an exceptional job as this year's President, continuing the strong legacy set by the ninety coaches who have held this position before him. (See next page for a complete list of OACA Past Presidents and the years they served.)

We are also fortunate to have over 50 OACA Sports Chairs who represent the 19 sports and classifications. They do an outstanding job communicating key topics throughout the year to our Board and the OSAA staff. I greatly appreciate the passion they bring to their respective sports and their commitment to doing what is best for the student-athletes they work with every day. A complete list of the OACA Executive Board and Sports Chairs can be found on our website: <http://www.oregoncoach.org/contact-us/our-team/>

We should feel fortunate to coach in a state where we not only have a voice and a defined process for change, but also meaningful representation in decision-making. We greatly appreciate the OSAA, OADA and OAOA for giving coaches a place at the table through various boards and committees.

OACA Representation on various Boards/Committees:

| | |
|---|---|
| OSAA Executive Board/Delegate Assembly: | Bill Masei, Dallas |
| OADA Executive Board: | Rob Younger, Chris Knudsen, OACA |
| OAOA Executive Board: | Rob Younger, Chris Knudsen, OACA |
| OSAA Sports Medical Advisory Committee: | Rob Younger, Chris Knudsen, OACA |
| OSAA Budget Committee: | Monty Hawkins, LaSalle Prep |
| OSAA Diversity, Equity & Inclusion Committee | Ryan McCants, Roosevelt |
| OSAA Rankings Committee: | Scot McDonald, Crescent Valley; Chris Roche, Wilsonville; Doug Sommer, Gladstone; Jennifer Teeter, Imbler |
| OSAA Officials Recruitment/Retention Committee: | Jeremy Johnson, Newberg; Jennifer Teeter, Imbler |
| OSAA Sportsmanship Committee: | Jennifer Teeter, Imbler; Chris Knudsen, OACA |
| OSAA Unified Sports Committee: | Chris Knudsen, OACA |
| OSAA Classification/Districting Committee: | Monty Hawkins, LaSalle Prep; Josh Grotting, |
| OSAA State Championship Committee: | Damien Ramirez, West Salem |
| OSAA Football Ad Hoc Committee: | Adam Guenther, Wilsonville; Damien Merrick, Sunset; Brian Crum, Mountain View; Kye Johnson, Seaside; Ray Yarbrough, Lowell HS |

It truly takes a "Team" willing to serve to make our association successful. If we can ever be of assistance, please don't hesitate in contacting us.

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

"Alone we can do so little; together we can do so much" – Helen Keller

Email: occarob@gmail.com

Office Phone: 541-928-2700

PAST PRESIDENTS of the OACA

| | | |
|--------------------------------|-----------------------------------|--------------------------------|
| 2024-25 Greg Grant | 1994-95 Gary Stautz | 1964-65 Mel Krause |
| 2023-24 Ronda McKenzie | 1993-94 John Roche | 1963-64 Paul McCall |
| 2022-23 Bill Masei | 1992-93 Dave Ackerman | 1963-62 Bill Foelker |
| 2021-22 Tony Smith | 1991-92 David Lee | 1961-62 Bud Monnes |
| 2020-21 Tony Smith | 1990-91 Don McCarty | 1960-61 Dick Miller |
| 2019-20 Aimee Esplin | 1989-90 Jerry Hauck | 1959-60 Gene Freese |
| 2018-19 Chris Roche | 1988-89 Jack Cleghorn | 1958-59 Bud Robertson |
| 2017-18 Shawn Stanley | 1987-88 Linda Shanahan | 1957-58 Roger Wiley |
| 2016-17 Jennifer Teeter | 1986-87 Jerry Westerholm | 1956-57 Walt McClure |
| 2015-16 Jeff Stolsig | 1985-86 Ron Grantz | 1955-56 Harold Hauck |
| 2014-15 Kyle Cowan | 1984-85 Gene Strehlou | 1954-55 Bob Daggett |
| 2013-14 Kim McLain | 1983-84 Larry Binkerd | 1953-54 Bob Newland |
| 2012-13 John Beck | 1982-83 Mike Kostrba | 1953-52 Bill Borchert |
| 2011-12 Mark Henderson | 1981-82 Nick Robertson | 1952-51 Bob Dusenberry |
| 2010-11 Tony Koontz | 1980-81 Bill Smith | 1951-50 Ray Hendrickson |
| 2009-10 Cindy Anderson | 1979-80 Jeff Durham | 1949-50 Frank O'Neil |
| 2008-09 Greg Letts | 1978-79 Bill Peden | 1948-49 Tom Drynan |
| 2007-08 Vic Lease | 1977-78 Perry Stubberfield | 1947-48 Bill Bowerman |
| 2006-07 Kary Hadden | 1976-77 Joan Heeter | 1946-47 Paul Deller |
| 2005-06 Bob Macauley | 1975-76 Barney Holland | 1945-46 Claude Cook |
| 2004-05 Rob Younger | 1974-75 Tinker Hatfield | 1944-45 Frank Ramsey |
| 2003-04 Scott Kellar | 1973-74 Barry Adams | 1943-44 Marble Cook |
| 2002-03 Rob Younger | 1972-73 Jim Rotramel | 1942-43 Cecil Sherwood |
| 2001-02 Jim Nagel | 1971-72 Sonny Long | 1941-42 Dwight Adams |
| 2000-01 Gene Forman | 1970-71 Ron Pheister | 1940-41 Dan Jones |
| 1999-00 Larry Knudsen | 1969-70 Mark Cotton | 1939-40 Red Bailey |
| 1998-99 Marcie Byrd | 1968-69 Lou Sasma | 1938-39 Bill Bowerman |
| 1997-98 Kent Wigle | 1967-68 Darrel Davis | 1937-38 Verne Gilmore |
| 1996-97 Karl Elliott | 1966-67 Herb Booth | 1936-37 Fritz Kramer |
| 1995-96 Clyde Powell | 1965-66 Marv Hiebert | 1935-36 Gene Eberhardt |



DIRECTOR'S CORNER

Chris Knudsen, OACA Associate Director

"Football may be the best taught subject in American high schools because it may be the only subject that we haven't tried to make easy."

Dorothy Farnan
English Department Chair
Erasmus Hall High School
Brooklyn, NY

I ran across this quote recently and thought it was a very profound statement as it is not made by a coach but by an English teacher!! This could certainly be about all high school athletics. Coaches continually talk about athletics being educational and teaching "lifelong success skills", and this is another example. Coaches, the qualities that you teach on a daily basis do not go unnoticed. You are appreciated and have a huge impact on your athletes, schools and communities!!

Some items we are encouraged to share:

- Encourage your athletes to play multiple sports. Coaches working together to foster an environment to promote playing multiple sports enhances everyone's programs. There is a lot of data that supports the benefits of being a multi-sport athlete.
- If you have a proposal for a change in your sport, the process starts with you communicating with the sports chairs. They are listed on our website (oregoncoach.org) along with their contact information.
- Follow the various committees as they work hard and have to make some difficult decisions. If you have an opinion, you can join the meeting when they have public testimony. Committee information can be found at osaa.org under the "Governance" tab.
- Communicate with your AD frequently as they will have surveys or questions to answer periodically about your sport, and they need to hear your opinion. A good discussion can lead to some great exchange of information to help to respond with your perspective to the surveys and questions.
- When coaching your contests, we've been asked to encourage coaches to dress appropriately. Remember, you are representing yourself, your team, your school and your community as well as your sport. Be a good role model for the rest of your staff.
- We have many sponsors that help support our coaches. Please also support them and thank them when you visit their establishment. They are listed in this newsletter and we sincerely appreciate all they do for our coaches and athletes in the state.
- Check out our job postings at oregoncoach.org under the Member Area tab, From there, click on Job Search. If you would like to post an opening, please contact our office,

You are part of the greatest profession there is. It is a privilege and honor to coach. The influence you have is amazing and more than you can realize. Our best to each of you and thank you for all you do!!!

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

Email: ocachris@gmail.com

Office Phone: 541-928-2700

2025-26 OACA Membership Reminder

The OACA offers two membership levels:

Gold Card Membership

\$75

Retired Gold Card Membership

(offered to retired coaches who are no longer coaching or teaching and have coached at least ten years at the MS, HS or college level)

\$60

There are many benefits to being an OACA member: A \$2,000,000 liability insurance benefit that covers you for all coaching and teaching activities in/out of season, camp insurance eligibility, reduced-fee sports clinics, OACA e-newsletters, representation for each sport/class to the OSAA for the purpose of improving high school athletics, recognition at our annual awards banquet, state and national awards, eight \$2,000 student scholarships for high school graduating children or grandchildren of our members, and a \$50,000 sexual abuse coverage for litigation cost to member who was unjustly accused. As part of our partnership with Buffalo Wild Wings, we are pleased with the continued benefit for our Gold Card members to receive a 15% discount when dining at any Oregon Buffalo Wild Wings Restaurant. Additionally, through our partnership with the Sheraton Portland Airport Hotel, Gold Card Members are eligible for 20% off a single night room rate including free shuttle to and from the airport and up to 14 days of free parking. Gold Card members also get free admission to various collegiate events at these participating colleges: Bushnell University, Corban University, Linfield University, Linn-Benton Community College, Portland Community College, Portland State University, Southern Oregon University, Treasure Valley Community College, and Western Oregon University.

New this year, we have launched a new membership platform powered by FinalForms. Once you register and pay for your membership, you will receive your Gold Card electronically through an email from "OACA FinalForms amp". **We recognize that some members do not have a smart phone. Membership hard copies are available for those individuals. Both the Digital and Hard Copies are valid for admission into HS/OSAA events.** If your phone is unable to process a digital card, contact our office @ 541-928-2700 or email melissa@oregoncoach.org.

OACA Liability Insurance Info:

The liability coverage policy period is August 1 – July 31 and is activated as soon as you register for membership. It covers the coach during their season, off-season workouts, and during summer activities. College and Youth Coaches are not covered by the Liability Insurance policy - the policy only covers High School and Middle School Coaches. As a 2024-25 OACA Member, you were covered during this past summer's activities. After July 31, our new membership year began, and you will need to sign up again to be covered Aug. 1st, 2025-July 31st, 2026.

Online Membership Registration for the 2025-26 school year is open on our website at:

<http://www.oregoncoach.org/member-info/registration/>

Thoughts of a Past President

So, when did you start coaching? Are you “still at it?” My coaching career lasted for 53 years. I see my time coaching as a thread running through my life.

Consider the poem THE WAY IT IS by William Stafford:

There's a thread you follow. It goes among things that change.

But it doesn't change.

People wonder about what you are pursuing.

You have to explain about the thread. But it's hard for others to see.

While you hold it you can't get lost.

Tragedies happen, people get hurt or die, and you suffer and get old.

Nothing you do can stop time's unfolding.

You don't ever let go of that thread.

I had the privilege of “going through the organizational chairs” of the OACA, serving as President in 1991-92. Being mentored by Marv Heater - my wife and I being friended by Joan, was a wonderful strand along the thread which was my coaching career. (It was a joy to watch Marv encourage us to bring about change and innovation while faithfully protecting the foundation he was laying for the association.)

I am sure you have experienced, as Stafford wrote, that it is sometimes hard for others to see the why-the-passion you bring to an athletic venue. Keep it up!

“A cord of three strands is not quickly broken” reads an ancient proverb. I believe it relates to the strength of your coaching thread and how confidently you can “soldier on” season after season. Maybe you wove the coaching thread with a cord of academia early on as a student. Is it your friendship with staff members that wraps it now? Or is it music? Or faith in God. I hope you have braided your coaching thread with the strong cord of an understanding family.

Hang on to the thread. It is a joy to watch you in action.

David Lee
OACA Past President
1991-92



SAVE THE DATE!

4th Annual Nike Track and Field Clinic



Friday, January 30 - Saturday, January 31, 2026
Sheraton Portland Airport Hotel



Presented by



*More information on our outstanding
line-up of speakers, registration details
and hotel room specials COMING SOON!*



Oregon Athletic Directors Association

www.oadaonline.org

Hello Coaches!

As we close out another successful fall season, I want to take a moment to express my sincere appreciation for each of you. The work you all do as coaches - leading, supervising and building the culture in your programs - is really the heartbeat of education-based athletics and activities across Oregon. Your dedication and passion continue to inspire excellence both on and off the field.

As is usual during the year, there are a number of key athletic issues being proposed, discussed and decided at the state level. It is the opportunity for all coaches of our 299 schools, representing six classifications, to stand up and be heard during these discussions. Even though unanimity is rarely achieved on a decision, being a part of the process affords coaches and ADs from the smallest to the largest school to have a voice and express their opinion on important issues facing the OSAA and our member schools. Please read, connect with others, and be knowledgeable about the issues and initiatives being discussed. Then, share your opinion with your athletic director throughout the process to the final decision. There is also a new form OSAA has created on their website that allows anyone to propose a 'rule change'.

The OADA Executive Board 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, led by Mike Henderson, will select the 16th class to be inducted at the conference banquet April 13 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.

Coaches, remember that the two most important words in the English language are 'coach says...'

Please know that you are making a positive difference in the lives of many student-athletes. You may be the one person that keeps kids coming to school. Congratulations to all of you for making the commitment to become a coach. We appreciate you!

As we approach the holiday season, please celebrate and enjoy valuable time with family and friends!

Dave Hood, CAA
OADA Executive Director





2025 LES SCHWAB INVITATIONAL

2025 Les Schwab Invitational

PORTLAND, OR – The prestigious **Les Schwab Invitational (LSI)**, presented by Express Employment Professionals, returns to Oregon for its **29th year**, showcasing the best in high school basketball talent from around the nation. Held December 26–30, 2025, at Portland State University, the tournament promises an electrifying week of elite competition, future NCAA and NBA stars, and unmatched community energy. This year’s LSI field features a who’s who of national powerhouse programs, Oregon’s top-ranked teams, and a roster of players already attracting national scouting buzz. Over the years, the tournament has been a launching pad for basketball legends.

Top National Schools include: **ESPN #2 Columbus Explorers (Miami, FL & 2023 LSI Champ)**, **ESPN #13 Sierra Canyon Trailblazers (Chatsworth, CA & 2018 LSI Champ)**, **#17, Rainier Beach Vikings (Seattle, WA)**, and **Pace Academy (Atlanta, GA)**. The Columbus Explorers are led by top national players **Caleb Gaskin (#16 ESPN)**, **Felipe Quinones (#68 ESPN)**, and Cayden Gaskin. The Sierra Canyon Trailblazers are led by **Brandon McCoy (#7 ESPN)**, **Maximo Adams (#26 ESPN)**, Brannon Martinsen, and Jordan Mize. The Rainier Beach Vikings are led by the **Number 1 ESPN National Ranked player, Tyran Stokes**. Alongside Tyran, the Vikings will also feature a top 2029 prospect **JJ Crawford**, son of NBA legend **Jamal Crawford**.

The Oregon field is loaded with the states top players in each class from 2026 to 2029, led by great coaches. The 2025 LSI field features 14 top-local schools: The Barlow Bruins, Canby Cougars, Central Catholic Rams, Clackamas Cavaliers, Grant Generals, Gresham Gophers, Jesuit Crusaders, Nelson Hawks, Parkrose Broncos, Oregon City Pioneers, Roosevelt Roughriders, Southridge Skyhawks, Tualatin Timberwolves, Westview Wildcats.

The Les Schwab Invitational continues to support youth sports and education in Oregon, with proceeds benefiting local school athletic programs and scholarship initiatives.

Don’t miss your chance to witness the future of basketball – live and in action – at the 2025 Les Schwab Invitational. **Get your Tickets and all of your LSI29 info at lesschwabinvitational.com**





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

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Help celebrate the incredible ADs and Coaches at your school this holiday season by giving the gift of recognition!

In October we sent materials to schools about [Positive Athlete](https://www.positiveathlete.org), a FREE national recognition and development platform that celebrates high school athletes for their character, leadership, and service. But the group also has **awards for exceptional coaches and athletic directors**, and we encourage you to submit nominations of your peers or get someone to nominate you.

How It Works: Recognize a Coach or AD

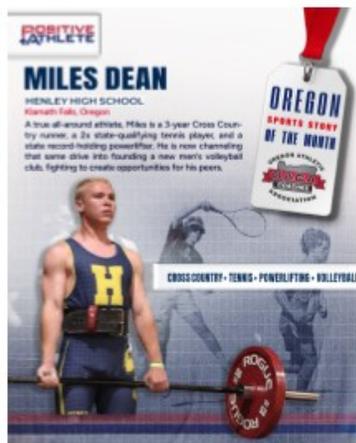
Nominate a high school coach or athletic director who makes a real difference at your school. A simple nomination is a powerful way to say thank you.

- **NOMINATE HERE:** <https://www.positiveathlete.org/nominate> with deadline of April 15th.
- Anyone over the age of 18 (coach, AD, teacher, parent, or community member) can nominate someone.
- Nominations take about five minutes to complete, selecting the Coach or Athletic Director category.
- Nominees must be current high school coaches or athletic directors in any sport and of any gender.
- Resource folder with program nomination and How-To Guides: [CLICK HERE](#)

Getting your nominations in early gives Positive Athlete time to highlight our schools across their digital channels and shine a light on the leaders in the OACA who are doing this work every day. You can nominate as many high school coaches and athletic directors as you wish, so please take a moment to recognize every leader at your school who deserves it. Your school may even be highlighted in the coming months. Congratulations to **Henley High School** in Klamath County, OR and **Ida B. Wells High School** in Multnomah County, OR for being featured in November and December through their nominated student-athletes. [You can read the full student stories on Instagram.](#)

Miles Dean @ Henley High School
Nominator: Meghan Stock (Boys & Girls XC)

Zorina Johnson @ Ida B. Wells High School
Nominator: Mike Nolan (Athletic Director)



Continued on next page



We can't wait to see which of our ADs and coaches receive acknowledgement from your schools. Together, we can make sure the people who pour into our student athletes are seen, appreciated, and celebrated.

Don't forget to also keep nominating student-athletes. There is no limitation to the amount of kids you can recognize. When we recognize the right things early, we help shape our athletes. It makes a huge change towards confidence and feeling the drive to continue creating community differences. Not only does Positive Athlete provide scholarships and awards, every nomination unlocks lifetime access to leadership, education, and career resources for nominees. The Positive Athlete goal is simple: to help young people carry the lessons learned in sport—teamwork, accountability, and perseverance—into college, careers, and life.

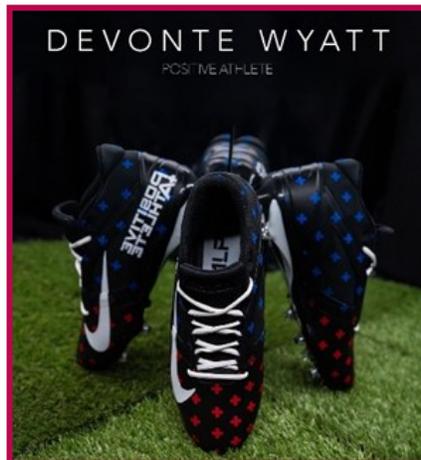
For questions or support, please contact:

Arielle Moyal

Director, West Region – Positive Athlete

amoyal@positiveathlete.org | (310) 889-4773

BONUS: Football Fans; Positive Athlete was featured during the NFL's *My Cause My Cleats* weeks in November by [Devonte Wyatt](#) of the Green Bay Packers, and Pro Football Hall of Famer, [Champ Bailey](#).



2025-2026 OACA Scholarship Information

The OACA has annually awarded eight \$1,000 student-athlete scholarships to high school graduating children and grandchildren of OACA members. **Beginning in 2024-25, the OACA increased that amount to eight \$2,000 student-athlete scholarships.** Scholarship applications are reviewed by the OACA Executive Board, who evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service.

In addition to the eight \$2,000 student-athlete scholarships, The **Coach Dave Johnson Scholarship** is awarded to a college-bound student-athlete who has overcome obstacles in their personal life in order to reach a level of success, both on and off the field of play, that makes them a credit to their team, school and community. This scholarship is sponsored by Dave Dowling, South Salem HS graduate, in honor of Coach Johnson's meaningful impact on his life as a young student-athlete.

Additionally, the OACA, along with support from Jennifer and Jerod Teeter, created the **OACA Directors and Presidents Scholarship** for coaches to recognize a deserving senior student-athlete. This scholarship is sponsored by former OACA directors and presidents who desire to "give back" in appreciation of the OACA. Please note that this scholarship is nomination-based, and we invite our members to nominate a deserving student-athlete who meets the following criteria:

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

Scholarship application will open on December 15th. Completed scholarship applications, including a copy of the student's transcript, a resume and two letters of recommendation, will be due March 17th, 2026. If you have any questions, please call the office at 541-928-2700 or email: melissa@oregoncoach.org.

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



SAVE THE DATE!



30th Annual OACA Football Clinic

**** March 6 - 8, 2026 ****

Sheraton Portland Airport Hotel

Don't miss this outstanding clinic featuring excellent college and high school coaches presenting on a variety of topics!

Registration information and clinic details can be found on our website at:

www.oregoncoach.org

Please check back often as speakers are confirmed and topics announced!



Return to School After a Concussion: An Overview of HB 3007

This past summer HB 3007 was passed by Oregon lawmakers and took effect starting August 2025. It affects all public schools and requires that the “Oregon Department of Education (ODE) develop [procedures](#) and an [Immediate and Temporary Accommodation Plan](#) (ITAP) for public education providers to follow upon receiving written notification that a student has been diagnosed with a concussion or other brain injury”¹.

Benefits of HB 3007:

- Creates an in-house Brain Injury Management Team (BIMT) that interfaces between the student-athlete, their teachers, and any other school personnel involved in their care.
- Schools are now required to begin the accommodations process within 24 hours of receiving a written notice requesting accommodations, with a maximum of 10 days to implement said accommodations.
- The new ITAP form clearly explains the three prominent domains in which a student-athlete may experience symptoms—physical, cognitive, and social-emotional—and delineates appropriate accommodations and why they are needed.
- The BIMT is required to follow up with the student-athlete at 5 days post ITAP implementation.

Drawbacks of HB 3007:

- Only applies to public school districts, public charter schools, or public education service districts.
- Student-athletes may need to have specific medical documentation of a concussion to request accommodations.

We recommend encouraging athletes who have suspected or confirmed concussions to get documentation of such to their respective schools administration. We also encourage that coaches begin to talk with their athletic trainer or school administration to see how these new procedures will be implemented with student-athletes in conjunction with their school's return-to-play concussion protocol. These new changes as a whole will benefit student-athletes as they return to school and sport after a concussion, but may take some getting used to as these changes roll out.

Happy Holidays from us at OATS, and good luck this Winter Season!

1. Oregon Department of Education. (2025). Required Procedures for Concussion or other Brain Injury.

Holiday Spending with a Game Plan



Oregon State
Credit Union®

Whether you're gearing up for gift-giving, managing seasonal expenses, or simply trying to keep your budget on track, being intentional with your spending can help you get the most value out of every dollar. With the holidays approaching, it's easy to get swept up in the excitement—and expenses. Before you reach for your wallet, let's explore some practical strategies to help you stay financially grounded this season.

Tips for Holiday Budgeting

- *Set a Spending Limit:* Decide how much you can afford to spend this season—then stick to it.
- *Make a Gift List (and Check It Twice):* Write down who you're shopping for and set a budget for each person.
- *Use Credit Only for Planned Purchases:* If it's not on your list, it's probably not in your budget.
- *Cash Out Rewards:* Redeem credit card rewards or cash back to offset holiday costs.
- *Plan for Next Year:* Start your holiday savings now with a dedicated account and small monthly transfers.
- *Track Your Payments:* Use a budgeting app or calendar reminders to stay on top of payment due dates.
- *Talk It Out:* If you're feeling pressure to spend more than you planned, reach out to a trusted friend, family member, or financial coach.

Once you've set your spending limits, you might be considering different payment options to stretch your budget further. One increasingly popular choice is Buy Now, Pay Later (BNPL). Let's take a closer look at how BNPL works—and when it makes sense to use it.

What is BNPL?

BNPL lets you split a purchase into smaller payments—often interest-free—over a few weeks or months. You'll typically pay 25% upfront, then the remaining balance in three equal payments. If paid on time, there's usually no interest. But missed payments can lead to fees, and now it may have an impact on your credit score too.

BNPL can be a helpful tool when used wisely. Here are some scenarios where it might support your financial goals, especially during the holidays.

When Can BNPL Be a Smart Tool?

- *Budgeting for Holiday Gifts* - spread out costs without dipping into savings.
- *Covering Unexpected Expenses* - replace a broken appliance or cover a surprise cost without relying on credit cards.
- *Building Credit* - some BNPL providers now report to credit bureaus. On-time payments could help build your credit history.

Continued on next page

However, it's important to remember that BNPL is still a form of debt. Without a plan, it can quickly become a financial trap. Let's look at some common pitfalls to look out for.

When Does BNPL Become Trap?

- *Impulse Purchases* - ask yourself: Would I buy this if I had to pay in full today?
- *Missed Payments* - late fees and credit score damage are real risks. Set reminders and track your payment schedule.
- *Multiple BNPL Plans* - juggling several BNPL purchases can get confusing fast. Keep it simple and manageable.

As BNPL grows in popularity, especially among young shoppers, understanding who uses these services – and why – can help you make informed choices.

Who is Using BNPL Most Often?

- *Gen Z leads the way.* Nearly 70% of Gen Z shoppers say they're likely to use BNPL this holiday season.
- *Usage is growing fast.* BNPL usage among Gen Z increased 11% year-over-year during Black Friday and Cyber Monday.
- *Young adults prefer BNPL over credit cards.* Gen Z and Millennials are more likely to choose BNPL for flexibility and ease, especially for online purchases.
- *BNPL is expanding into credit reporting.* As more providers report to credit bureaus, younger users may see long-term impacts—positive or negative—based on how they manage payments.

No matter your age or experience with BNPL, it's essential to keep broader financial considerations in mind. Here are a few tips to help you stay on track.

Additional Financial Considerations

- Use budgeting tools or apps to track your BNPL commitments.
- Treat BNPL like any other loan: plan for it, monitor it, and avoid stacking.
- If you're using BNPL, make sure it's helping—not hurting—your long-term financial goals.

Ultimately, thoughtful planning and intentional spending are the keys to a stress-free holiday season. [Creating a holiday budget](#) is one of the most effective ways to stay in control of your spending and avoid financial stress. BNPL can be part of that plan—but only if it fits within your budget and goals. As a coach, you lead by example. Modeling thoughtful spending, saving, and planning—especially during the holidays—can help you stay financially grounded and inspire others to do the same.

Want help creating your holiday spending plan? Explore our [Financial Education Resource Center](#), reach out to our Community Education department by emailing CommunityEd@oregonstatecu.com, or stop by [your local Oregon State Credit Union branch](#). We are here to support you in reaching your ideal financial future.



The Coaches' Guide to Supporting High School Athlete Mental Health



A Guide to Support Your Players

Teens are facing an escalating crisis in mental health. According to the Centers for Disease Control and Prevention, more than one in three high school students experienced persistent feelings of sadness or hopelessness in 2019. Nearly 20% of all high school students had serious thoughts of suicide in the past year, a statistic that rises significantly for LGBTQ students and students of color. Sports teams offer unique opportunities to create spaces where teens feel safe, seen, heard, and valued. A trusted, caring adult can be a game changer for young people, and coaches are ideally positioned to provide that support. You can be the first to notice when an athlete is struggling emotionally, and the first person an athlete trusts enough to reach out to.

The Jed Foundation (JED) and Positive Coaching Alliance (PCA) created this quick, easy-to-use guide to increase your knowledge and comfort in navigating these situations and conversations. **We want to help you feel prepared, and we want you to know:**

- You do not have to be a mental health professional to support an athlete with their mental health.
- You are never alone when you support athletes.
- You don't have to provide care. You can be the bridge that connects them to it.

This guide will walk you through straightforward—but significant—steps you can take to:

- Support mental health on your team.
- Recognize and reach out to a struggling athlete.
- Connect athletes to professional help, if and when it is needed.



[CLICK HERE](#) TO LEARN ABOUT PCA'S "DEVELOPING COMPETITORS AND MENTAL WELLNESS THROUGH POSITIVE COACHING" WORKSHOP

NFHS COACH OF THE YEAR AWARD RECIPIENTS



We are pleased to announce the 2024-2025 Oregon NFHS Coach of the Year Award Recipients:

Football (11-Player) - **Steven Turner**, Cottage Grove HS

Boys Basketball - **Eric Nichols**, Crane Union HS

Boys Soccer - **Brandi Wittenborn**, Creswell HS

Wrestling - **Tyler Swartzlender**, Burns HS

Boys Cross Country - **Steve Sheehy**, Union HS

Boys Tennis - **Michael Horton**, Mountainside HS

Boys Golf - **Stu Bailey**, Tigard HS

Boys Swimming & Diving - **Cheyenne Maszk**, La Grande HS

Boys Track & Field - **Brent Charles**, Sprague HS

Baseball - **Eric Dazey**, Corvallis HS

Other (9-Man Football) - **Dennis Dunlea**, Lost River HS

Girls Basketball - **Sean Coste**, McMinnville HS

Volleyball - **Britton Washington**, Reynolds HS

Girls Soccer - **Steve Fennah**, Jesuit HS

Girls Cross Country - **Brent Hutton**, Bandon HS

Girls Tennis - **Jeff Priske**, Marist HS

Girls Swimming & Diving - **Caitlin Boire**, Valley Catholic HS

Girls Golf - **Chris Bensel**, Wilsonville HS

Girls Track & Field - **Charlotte Richardson**, Caldera HS

Softball - **John Kuehnel**, Yamhill-Carlton HS

Girls Wrestling - **Jim Jones**, Scappoose HS

Spirit (Cheer) - **Melissa Hoekert**, Westview HS

OSAA launches All-State Program

In the 2025-2026 academic year, following requests from the OADA and OACA, the OSAA is launching the OSAA All-State awards program. OSAA Staff worked with coaches and ADs this Fall and will do the same in the Winter and Spring, to outline how many students will be recognized in each sport/activity.

All-State Teams will be divided between results-based and voting-based systems. We are also working on All-State Teams for activities, including Cheerleading, Dance/Drill, Solo Music, and Speech.

Results-based sports include Cross Country, Swimming, Wrestling, Golf, Tennis, Track & Field. Results from OSAA State Championships in these sports will be used to delineate 1st, 2nd, 3rd All-State Teams, plus Honorable Mention. Schools will be able to download full-color certificates for the All-State honorees from their school following the state championships.

Voting-based sports feature Volleyball, Soccer, Football, Basketball, Baseball and Softball. After getting information from leagues and working closely with OADA and OACA reps, the All-State awards program was built to complement what was already being done in most leagues/special districts. Using an online system through the OSAA website, league/special district representatives will nominate a designated number of students, by position, to appear on the All-State ballot. Players may be nominated for multiple positions and there will be a section to list stats/comments for each nominee. Leagues/special districts will also be able to include their Player and Coach of the Year recipients. This is separate from the position-based First and Second Team nominations and will not impact placement on those teams.

Once all nominations are complete, the OSAA will populate the All-State ballot and notify all schools in each classification that voting is open. Each school is then able to fill out one ballot to include 1st, 2nd, 3rd All-State Teams, plus Player of the Year and Coach of the Year. One voting form will be accepted from each school, and we strongly encourage each school to submit a ballot. Varsity Head Coaches, ADs, or AD Secretaries may vote. It will be up to each school to decide who will submit the form. Schools may not vote for any of their student-athletes for All-State. Schools who do not submit votes will render their student-athletes ineligible to receive All-State recognition.

All-State voting will take place for 1-2 weeks and teams will be posted to the OSAA website. Full color All-State certificates will be emailed out to schools following the conclusion of the voting. We are working to promote the teams through [OSAAtoday](#) and [OSAA Social Media](#) as well.

We thank you for your patience and understanding as we work through this process for the first time. If you have any questions, please reach out to Melissa Kennedy at melissak@osaa.org.





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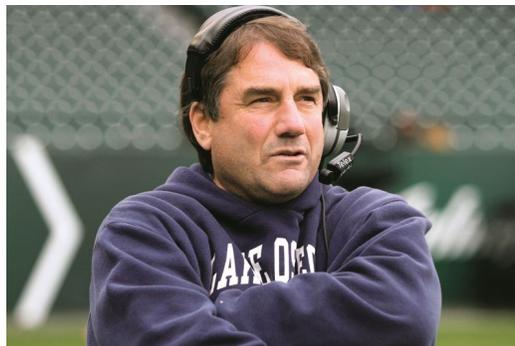


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The OACA would like to thank **FieldTurf** and **Steve Coury** for their generous annual donation to our Broyles Award winner. Their contribution allows our winner to attend the High School Broyles Award Banquet each year.



The Heart of the Game: Recognizing Sportsmanship in High School Athletes

Since 1997, Crown Trophy of Beaverton and Gresham has crafted awards for champions—medals, plaques, and trophies celebrating victories. But the moments that truly define athletes aren't in the scorebook. They're in the handshake after a loss, the encouragement to a teammate, or the grace under pressure. These acts of sportsmanship deserve recognition as much as any game-winning play.

Building Character Through Competition: High school sports shape more than athletic skills—they build character. Under the intensity of competition, young athletes learn to handle success, failure, and adversity. This is where sportsmanship becomes a life skill.

Take Sarah, a varsity soccer player. After her team lost a regional championship in penalties, she congratulated the opposing goalkeeper who stopped her shot. That gesture earned her the Sportsmanship Award—and taught her team more about winning than any victory could.

The Power of Recognition: Honoring sportsmanship creates a ripple effect. When we celebrate respect and integrity, we reinforce values for players, parents, and peers. At high school's where a monthly "Sportsmanship Star" awards are given, programs see a drop in; technical fouls during play and poor conduct on and off the field. With nominations coming from players recognizing teammates for helping opponents, staying composed, or respecting officials, the negative culture gets pushed out and replaced with positive culture.

Lessons That Last a Lifetime: Sportsmanship prepares athletes for life beyond the field. The player who shakes hands after a tough loss is practicing the resilience needed for future challenges—whether it's tough feedback at work or a failed business deal. Encourage the quarterback to use Crown Trophy to create medals for his offensive linemen, saying, "They make me look good." That leadership—honed by recognizing others—sets him apart as a team leader and unites the whole team in character building.

Why Recognition Matters: What gets recognized gets repeated. Awards designed for character inspire more of it. Crown Trophy offers a full line of sportsmanship pieces—crystal trophies engraved with integrity quotes of your choice, sculpture figures for athletes helping each other up. These aren't participation awards; they're tools for cultural change.

A Call to Action: Coaches and schools: make sportsmanship part of your identity. Create character-based awards. Spotlight acts of respect at games and banquets. Partner with Crown Trophy to design lasting symbols of your values—medals, plaques, or perpetual trophies that travel between teams.

The True Victory: The athletes who leave the greatest legacy aren't always the highest scorers. They're the ones who play with respect, lift others up, and value integrity over victory. By recognizing sportsmanship, we ensure high school sports build not just better athletes, but better people.

At Crown Trophy, we're committed to honoring these moments. Because character lasts longer than any championship—and that's the greatest win of all.



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



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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.

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. 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! www.buffalowildwings.com



BSN SPORTS
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Gold Sponsor **BSN Sports** is very supportive of Oregon High School athletics and are willing to help coaches whenever needed. They have representatives around the state ready and willing to help with athletic program needs. BSN Sports and **Nike** have partnered with the OACA to sponsor two student-athlete 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 OACA/Nike Basketball Clinic. www.bsnsports.com www.nike.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 sponsor an annual scholarship to a high school graduating child or grandchild 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. www.lefundraise.com

The **Oregon Army National Guard** is a Gold Sponsor of the OACA. In addition to funding an annual 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



THANK YOU TO OUR SPONSORS

 We are excited by our continued partnership with **Hudl**, Silver Sponsor of the OACA and the OACA's Official Video Software Partner. Funds provided by Hudl help keep membership costs low as well as fund an annual scholarship. We urge teams to explore Hudl's innovative and unique video software technology. www.hudl.com

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 the Portland Airport to offer even more options when using the PDX area as your home base for team events and travel. www.sheratonportlandairport.com



We are thrilled to announce **Navy Talent Acquisition Group Portland** as a new Silver Sponsor of our association and greatly appreciate their partnership with the OACA and the Oregon coaches, athletes, families and communities. They offer many excellent opportunities for college scholarships as well as providing direction for great career fields. For more information, please visit www.navy.com or contact NTAG_Portland_etalent@us.navy.mil

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. primetimesports.co



 We are proud to have **Oregon State Credit Union** as a provider of a 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.

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. www.crowntrophy.com



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

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Executive Board and Sports Chair contact information is available on our website:
<http://www.oregoncoach.org/contact-us/our-team/>

Happy Holidays

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

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