



OACA Newsletter

SUMMER 2025-26



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HELLO SUMMER!

SERVING COACHES FOR 61 YEARS

DIRECTOR'S CORNER

Rob Younger, OACA Executive Director



Kids Need Coaches Today More Than Ever

During the past month, I have been reminded in several powerful ways of the tremendous impact coaches have on the lives of young people.

One of the most emotional experiences was officiating the Celebration of Life service for a former football player who tragically took his own life. As I looked across the room, I saw former teammates, coaches, classmates, and friends gathered together to honor his life and support one another. The presence of so many teammates years after their playing days had ended was a reminder that athletics is about far more than competition. The bonds formed through sports often become lifelong relationships, and coaches play a significant role in helping create those connections.

I also had the privilege to spend time at both the OSAA State Golf and State Track & Field Championships. Watching coaches interact with their student-athletes was inspiring. Whether celebrating a championship performance, encouraging an athlete who fell short of a goal, or simply offering a word of support, coaches were doing what they do best—teaching life lessons through athletics. Their influence could be seen not only in the performances of their athletes, but also in the character, sportsmanship, and resilience displayed throughout the events.

On May 30th, the Oregon Athletic Coaches Association honored more than 375 coaches, student-athletes, scholarship recipients, officials, family members, and guests at our annual Awards Banquet. As Chris and I prepared the award presentations, we were once again amazed by the accomplishments of those being recognized. Yet beyond the victories, championships, and accolades were stories of service, sacrifice, mentorship, and leadership. The common thread running through every award was the positive impact coaches have on the lives of young people.

I just returned from a trip to Iowa to attend a memorial service for a colleague and friend from the National Organization of Coaches Association Directors (NOCAD). As stories were shared about his life, leadership, and influence, I was reminded that our greatest legacy is not found in titles, trophies, or accomplishments. It is found in the lives we touch and the people we influence, whether it be in Oregon or Iowa.

These experiences reinforced something we often say within the OACA: "Kids Need Coaches Today More Than Ever!"

In a world where many young people are searching for guidance, encouragement, and positive role models, coaches continue to answer the call. They teach discipline, accountability, teamwork, perseverance, and respect. They celebrate successes, help young people navigate disappointments, and often provide stability during difficult seasons of life. Long after the final game is played, athletes may forget the score, but they rarely forget the coach who believed in them, challenged them, cared for them, and helped shape the person they would become.

Thank you, coaches, for the countless hours you invest in Oregon's young people. Your influence reaches far beyond the playing field, and the impact you make today will continue to be felt for generations to come.

Kids Need Coaches Today More Than Ever!

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

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DIRECTOR'S CORNER

Chris Knudsen, OACA Associate Director

As we wrap up another year, we want to congratulate you on a successful 2025-26 school year!! Most coaches will feel like they didn't win enough, but the real success comes from impacting young people's lives. Yes, coaching can wear on you... budget cuts, staff reductions, parent and community concerns, classroom issues, tough seasons, and the list goes on. All of it can challenge you and even make you ask yourself some tough questions, but remember, the purpose of your role, specifically, and athletics, in general, is to impact young people in a meaningful way, just like your coaches helped to impact you.

I recently read an article about a college football coach that has been a coordinator and interim head coach at elite Power 4 colleges, as well as a high school coach. I think it reflects on all high school coaches, not just football coaches. He said:

"High school coaches are the most amazing humans. If anyone had any idea...coaching high school football is ten times harder than any interim role, whether it's interim head coach, or an interim coordinator at a Power Four school."

"You want to talk about guys who truly have to invest more than you would ever dream of having to invest. I mean, you're raising money to buy shoes, you're raising money to buy food, you're trying to get equipment money raised. You're taking kids home. You're meeting with parents. I mean, it is 24-hours a day. Nonstop high school football and it is the greatest gig there is."

Bowen says to this day, most of the texts he receives are from high school kids that are asking for advice on this or that. "It is a special job to be a high school football coach, in terms of what you can do to impact kids."

After a long career in college football, Bowen says going back to being a high school head coach served as a reminder for him. "I am here to help those players. If I gained anything from high school to going back to now, I have brought myself back to an attitude that it is about the players. This isn't about me. It isn't about us. This is about helping these young men reach their goals and fulfill their dreams."

I think he summarized very well the role each of you gets to provide.

We want to thank all of our sponsors that provide resources to help each of you. Many provide funds so we are able to keep the cost of your membership low. And, don't forget about some of our member benefits:

Sheraton Portland Airport Hotel - provides Gold Card members a 20% discount and up to 14 days of free parking when you spend the night.

Buffalo Wild Wings - Gold Card members receive a 15% discount when dining at any of their Oregon locations.

If you are hosting a sports camp this summer, Gold Card members can get great coverage at a great price. Go to our website: oregoncoach.org, click on "Member Area" and scroll to the bottom. There you can click for a quote from our provider, Loomis & LaPann.

Again, we thank you for all you do and wish you a relaxing, restful and enjoyable summer.

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2026 OACA AWARDS BANQUET

On May 30th we held our 40th annual Awards Banquet. We had an all-time high turnout this year with over 375 coaches and family members in attendance, which took place in the University of Oregon's beautiful Autzen Stadium Club Level facility. Please see a complete list of award winners on the following pages.

In addition to coaching awards, we also presented plaques to our Years of Service (YOS) honorees. YOS honorees are OACA members who have reached a milestone year in their coaching career. We honored coaches who have reached their 25, 30, 35, 40, 45, 50 and 60th year in coaching. Below is a list of our Years of Service Honorees.

25 YEARS

Brian Pickard
Christina Langlely
Clare Buhler
David Kirkpatrick-White
Desmond Bennett
Gretchen Groves
Kirsten Ruchaber
Mark Kirby
Matt Wolcott
Michelle Demarest-Kiss
Mike Jacobson
Mike Stone
Parker McKinley
Terrie Dennis
Todd Nickerson
Vidal Peña

30 YEARS

Aaron Flack
Andy Berger
Brian Brancato
Brian Crum
Chad Reeves

30 YEARS (cont.)

Chris Hunt
Eric Jensen
Gary Elledge
Jason Carney
Joe Colby
Kevin Shafer
Melinda Becker-Bisenius
Perry Herbst
Rob Kassebaum
Ryan Rudolf
Steven Hills
Ty Nicholson

35 YEARS

Heidi Bowers
John Cornet
Joseph Schmitt
Patrick Tuia
Ron Haynes
Steve Thorpe
Susie Ellis

40 YEARS

Doug Sommer
Gary Stautz
Shane Hedrick
Tim Massey

45 YEARS

Eric Johansen
Joe Fulton
Ken Potter
Tracy Jackson

50 YEARS

Chris Knudsen
Dave Gainey
Steve Turner

60 YEARS

Royce McDaniel

NFHS COACH OF THE YEAR AWARD WINNERS



NFHS National Coach of the Year

Steve Sheehy, Union HS - Boys Cross Country

NFHS Section 8 Coaches of the Year

Michael Horton, Mountainside HS - Boys Tennis

Cheyenne Maszk, La Grande HS - Boys Swimming

Eric Dazey, Corvallis HS - Baseball

Caitlin Boire, Valley Catholic HS - Girls Swimming

Chris Bensel, Wilsonville HS - Girls Golf

Melissa Hoekert, Westview HS - Spirit (Cheer)

NFHS Oregon State Coaches of the Year

Steve Turner, Cottage Grove HS - Football (11-Player)

Eric Nichols, Crane Union HS - Boys Basketball

Brandi Wittenborn, Creswell HS - Boys Soccer

Tyler Swartzlender, Burns HS - Boys Wrestling

Stu Bailey, Tigard HS - Boys Golf

Brent Charles, Sprague HS - Boys Track & Field

Dennis Dunlea, Lost River HS - 9-Player Football

Sean Coste, McMinnville HS - Girls Basketball

Britton Washington, Reynolds HS - Volleyball

Steve Fennah, Jesuit HS - Girls Soccer

Brent Hutton, Bandon HS - Girls Cross Country

Jeff Priske, Marist Catholic HS - Girls Tennis

Charlotte Richardson, Caldera HS - Girls Track & Field

John Kuehnel, Yamhill-Carlton HS - Softball

Jim Jones, Scappoose HS - Girls Wrestling

2025-26 ALL SPORTS WINNERS

6A Jesuit HS

4A Marist Catholic HS

2A Bandon HS

5A Summit HS

3A Valley Catholic HS

1A Union HS

2025-26 AWARD HONOREES

Assistant Coaches of the Year

Jennell Andrews

Nelson HS

Mark DeBoer

St. Mary's School (Medford)

Dwayne Hilty

Western Christian School

Athletic Trainer of the Year

Bailey Allen

Gresham HS

Community Service Award

Joe Lawless

Dutch Brothers, Dallas/Central

Nate Wixom

West Salem Youth Sports

Dave Dowling Impact Coach of the Year

Dakota Hull

Enterprise HS

Dave Johnson Contributor Award

Jeff Clark

Oakland HS

Marv Heater Distinguished Service Award

Dave Hood

OADA

Media Award

Orlando Sanchez

KGW

Jerry Ulmer

OSAAtoday

Middle School Coaches of the Year

Holly Jensen

St. Mary's School (Medford)

Nolan Shira

Adrian Middle School

NFF Team Academic Excellence Award

Dennis Dunlea

Lost River HS

OAOA Meritorious Sportsmanship Award

Dan Sharp

Stanfield Secondary School

Officials of the Year

Mark Coursey

Central Oregon Umpires Association

Roy Palmer

Douglas County Football Officials

Oregon Army National Guard Coaches of the Year

Kevin Moffatt

Kennedy HS

Kari Strang

Summit HS

Oregon Army National Guard Athletes of the Year

Brody Buzzard

Marist Catholic HS

Taylor Donaldson

South Albany HS

Rob Younger Power of Influence Award

Troy Tompson

Roseburg HS

Unified Sports Coaches of the Year

Jamaal Goodlow

Parkrose HS

Shana Lavier

Dallas HS

Rosie Silva

Forest Grove HS

2025-26 COACHES OF THE YEAR

Baseball

- 6A** John Barnes, Sunset HS
- 5A** Aaron Boehm, Summit HS
- 4A** Justin Speer, Pendleton/Nixyaawii HS
- 3A** Jason Black, Blanchet Catholic School
- 2A/1A** Dave York, Umpqua Valley Christian

Basketball, Boys

- 6A** Aaron Newkirk, Oregon City HS
- 5A** Jason Mumm, Crook County HS
- 4A** Bart Pollard, Marist Catholic HS
- 3A** Cole Ashby, Riverside HS
- 2A** Kyle Gilbert, Trinity Lutheran HS
- 1A** Dawson Nofziger, Country Christian HS

Basketball, Girls

- 6A** Brooke Cates, West Linn HS
- 5A** Shawn Stinson, West Albany HS
- 4A** Tal Wold, Stayton HS
- 3A** Jed McMullen, Amity HS
- 2A** Dan Sharp, Stanfield Secondary School
- 1A** Alicia Meuser, North Clackamas Christian School

Cheer

- 6A** Julie Otley, Roseburg HS
- 5A** Jenny Pickles, Lebanon HS
- 4A** Amber Rosa, Sweet Home HS
- 3A-1A** Kathie Carley, Santiam Christian HS

Cross Country, Boys

- 6A** Tom Rothenberger, Jesuit HS
- 5A** Justin Loftus, Crater HS
- 4A** Alma Crow, La Grande HS
- 3A** Chris Johnson, Siuslaw HS
- 2A/1A** Amanda Isom, Knappa HS

Cross Country, Girls

- 6A** Eric Dettman, Lincoln HS
- 5A** Kari Strang, Summit HS
- 4A** Alma Crow, La Grande HS
- 3A-1A** Kendall Schoolmeester, Banks HS

Dance & Drill

- 6A** Makenna Vickroy, Clackamas HS
- 5A** Emily Sword, Silverton HS
- 4A-1A** Pamela Didier-Delwisch, Scappoose HS

Football

- 6A** Steve Coury, Lake Oswego HS
- 5A** Dan Lever, Silverton HS
- 4A** Shane Hedrick, Cascade HS
- 3A** Jon Gettman, Cascade Christian HS
- 2A** Dennis Dunlea, Lost River HS
- 1A 8-Player** Bill Wortman, Adrian HS
- 1A 6-Player** David Marker, Harper Charter School

Golf, Boys

- 6A** Adam Ruben, Lake Oswego HS
- 5A** Ryan Brown, Corvallis HS
- 4A** Jim Poetsch, Seaside HS
- 3A-1A** Scott Millhouser, Bandon HS

Golf, Girls

- 6A** Micah Frey, Lake Oswego HS
- 5A** Chris Bensel, Wilsonville HS
- 4A-1A** Melissa Turner, Salem Academy

Soccer, Boys

- 6A** Jason Carney, Beaverton HS
- 5A** Monty Hawkins, La Salle Prep
- 4A** Chris Shields, Stayton HS
- 3A-1A** Jason Housley, Westside Christian HS

(Continued on next page)

2025-26 COACHES OF THE YEAR

Soccer, Girls

- 6A** Steve Fennah, Jesuit HS
- 5A** Scott Sagar, Bend Sr. High School
- 4A** Stefan Schroffner, Marist Catholic HS
- 3A-1A** Andy Dyer, Amity HS

Softball

- 6A** Kris Moore, Sherwood HS
- 5A** Sandy Fischer, Ridgeview HS
- 4A** Kent Israel, Astoria HS
- 3A** Jim Mask, Scio HS
- 2A/1A** Tim Boethin, Grant Union HS

Swimming, Boys

- 6A** Bryan Butcher, Jesuit HS
- 5A** Sarah Keim, Thurston HS
- 4A-1A** Christian Scaglione, Cascade Christian HS

Swimming, Girls

- 6A** Bryan Watt, Oregon City HS
- 5A** Alexandra Winslow, Bend Senior HS
- 4A-1A** John Wray, Newport HS

Tennis, Boys

- 6A** Stuart Allen, Lincoln HS
- 5A** Mike Stone, La Salle Prep
- 4A-1A** Alex Korth, Marist Catholic HS

Tennis, Girls

- 6A** Colleen Docktor & JaReda Webb, Westview HS
- 5A** David Lane, La Salle Prep
- 5A** Quinn McAndrews, Summit HS
- 4A-1A** Jim Holdermann, St. Mary's School

Track & Field, Boys

- 6A** Shane Kessler, Jesuit HS
- 5A** Dirk Matthias, Caldera HS
- 4A** Ernie Brooks, Crook County HS
- 3A** Chris Johnson, Siuslaw HS
- 2A** Brandon Lidgard, Delphian School
- 1A** Zachary Davidson, Damascus Christian School

Track & Field, Girls

- 6A** Shane Kessler, Jesuit HS
- 5A** Dirk Matthias, Caldera HS
- 4A** Joe Fulton, Philomath HS
- 3A** Rachael Bailey, Creswell HS
- 2A** Brent Hutton, Bandon HS
- 1A** Heidi Bowers, Imbler HS

Volleyball

- 6A** Teresa Zimmerlee, Jesuit HS
- 5A** Kaela Wehrman, South Albany HS
- 4A** Shari Pimental, Marist Catholic HS
- 3A** Becky Kemper, Valley Catholic HS
- 2A** Julie Bennett, Crosshill Christian School
- 1A** Maddy Wester, Crane Union HS

Wrestling, Boys

- 6A** Neil Russo, Newberg HS
- 5A** Mike Simons, Thurston HS
- 4A** Steve Thorpe, Sweet Home HS
- 3A** Dan Herb, Banks HS
- 2A/1A** J.D. Alley, Culver HS

Wrestling, Girls

- 6A/5A** Ehren Schneider, Centennial HS
- 4A-1A** Rusty Gulzow, La Grande HS

2025-26 SCHOLARSHIP RECIPIENTS

The OACA annually awards scholarships to high school graduating seniors of OACA members. Scholarship applications are reviewed by the OACA Executive Board, who evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service. Since the inception of the scholarship program in 1986, the OACA has provided over \$385,000 to graduating student-athletes.

The following are our **2025-26 OACA Scholarship Winners**:

Hailey Crum, Mountain View HS

Kennady Hoag, Scappoose HS

Kellee Dixon, Powder Valley HS

Mylie Lempea, Knappa HS

Brady Douma, Neah-Kah-Nie HS

Kamden Luebbert, Sandy HS

Madeleine Hendricks, McMinnville HS

Alyssa McMullen, Amity HS

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

The recipients of the **2025-26 Coach Dave Johnson Scholarship** are:

TyLee Evans, Enterprise High School

Kiana McNeil, Waldport High School

The **OACA Directors and Presidents Scholarship**, created with support from Jennifer & Jarod Teeter and funded by former OACA Directors and Presidents, is to recognize a deserving student-athlete who meets the following criteria:

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

The **2025-26 OACA Directors & Presidents Scholarship** winner is:

Mattison Wolcott, La Grande High School



Thank You for Your Efforts and Staying Engaged

By Peter Weber, Executive Director

In a previous article, I shared that the OSAA is, first and foremost, a membership association. That means the strength of our collective work depends on the involvement of member schools, administrators, coaches, and partner organizations like the Oregon Athletic Coaches Association (OACA).

As we close another school year, I want to thank Oregon's coaches for your efforts and continued participation, feedback, and involvement in the OSAA process.

This year included significant work around the updated classifications, districts, and leagues for the 2026–2030 time block. That process required thoughtful input from schools across the state and included careful consideration of enrollment, geography, travel, competitive balance, and the overall experience for students and schools.

Those decisions are never easy. Oregon is a diverse state, and our member schools have different needs and circumstances. It is not possible for every decision to fully meet every school's preference, but the process is stronger when the membership is engaged. And coaches were an important part of that engagement.

In addition to the classification and districting work, the State Championship Committee also completed its work this year. The committee was charged with reviewing the structure and administration of OSAA state championships, with a focus on ensuring that championship events continue to provide meaningful, well-run culminating experiences for students, coaches, schools, and communities.

Through that process, the committee reviewed current practices, gathered input, discussed challenges and opportunities, and helped identify recommendations to strengthen the championship experience across activities. That work matters because state championships are often the most visible representation of what we do together as an association. They should reflect the values of our membership and support a positive experience for the students who earn the opportunity to participate.

The OACA continues to be an important partner in this work. It provides a statewide voice for coaches and helps connect the day-to-day experience of those leading programs with the broader policy and governance structure of the OSAA. That connection is valuable.

Whether you provided feedback through your athletic director, participated in league conversations, communicated through the OACA, or simply stayed informed and helped your school understand the issues, your involvement mattered.

The updated 2026–2030 classifications, districts, and leagues, along with the completed work of the State Championship Committee, are good reminders that the OSAA process works best when member schools and the people within them are engaged, ask questions, and participate.

Thank you for the time you invest in your student-athletes, your schools, and your profession. Thank you also for staying engaged in the membership process. A healthy association depends on active members, and Oregon's coaches continue to play an important role in that work.

As we move into the next time block, I encourage you to continue communicating with your athletic directors, administrators, league representatives, and the OACA. Stay informed. Share your perspective. Be part of the conversations that shape high school athletics in Oregon.

The OSAA is strongest when its membership is involved, and we appreciate the role coaches continue to play in making that possible.

FA FLIPSLED

FlipSled Powering the State of Oregon with OACA



Programs looking to build real Athletic Power that transfers directly onto the football field continue to turn to **FlipSled**, the leading Power Development Tool that builds athletes who dominate their opponents. Unlike your traditional sleds, **FlipSled** is designed to replicate the physical demands of the game by training athletes to drive, finish, and overpower their opponents. As the world's FIRST and ONLY hybrid sled, **FlipSled** gives coaches a multi-planar development tool that builds explosive power, toughness, and functional movement with one piece of equipment.

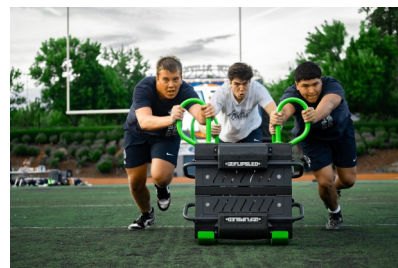
From High School to elite-level programs across the country, **FlipSled** has earned the trust of state championship programs nationwide. Coaches continue to implement **FlipSled** as a foundational part of their player development because it trains more than strength, it develops true Athletic Power that directly translates to game day. Whether programs are focused on building a more physically dominant offensive line or developing a tougher team overall, **FlipSled** allows athletes to train in ways that directly carry onto the field.

The **FlipSled** impact continues to grow throughout the state of Oregon. Countless Oregon football programs are implementing **FlipSled** as coaches continue pursuing innovative ways to build tougher and physically dominant teams. One program leading that movement is Wilsonville High School, the 2024 State Champions, who are committed to developing physically dominant players and building a championship culture throughout their program.

As a proud partner of the Oregon Athletic Coaches Association, **FlipSled** appreciates the opportunity to support coaches across the state as a sponsor of the 2026 OACA clinic. The team was excited to give away a **FlipSled** unit during the clinic and looks forward to connecting with coaches who are also pursuing innovative ways to build their championship-level programs.

Finally, **FlipSled** would like to thank each and every coach throughout Oregon for the time and dedication they invest into their athletes, programs, and communities. Your commitment continues to elevate the game of football and shape the next generation of tough, physically dominant, and athletically powerful players.

Don't let your program fall behind. Visit www.theflipsled.com to learn more.



SICKLE CELL TRAIT IN ATHLETES

As a coach it is important to be aware of any pre-existing conditions your athletes may have. While prevalence of sickle cell anemia or sickle cell trait varies across athletic populations, they can have catastrophic effects when mixed with exertion and environmental factors such as heat when not managed properly. Below is some basic information about these disorders and how best you can recognize and respond in the event your athlete has sickle cell.



SICKLE CELL TRAIT & ATHLETES

Sickle cell trait and sickle cell anemia are blood disorders that can be harmful for athletes. Sickle cell anemia is when the body produces abnormal hemoglobin, causing red blood cells to change from round to crescent shape, known as sickling. The abnormal blood cells can "logjam" blood vessels, blocking proper blood flow, which can cause serious complications.

While those with sickle cell anemia are often discouraged from playing sports altogether because the health risk is too great, athletes who have sickle cell trait are able to participate as long as they take proper precautions.

✦ SICKLE CELL TRAIT & ATHLETES

Sickle cell trait (SCT) occurs when someone inherits one sickle hemoglobin gene and one normal hemoglobin gene. Unlike sickle cell anemia, SCT doesn't disqualify someone from participating in sports activities.

Athletes with SCT do need to be aware of exertional sickling, and the potential for collapse, which is the result of the red blood cells changing shape during extensive periods of exertion.

During sickling collapse, the blood vessels can become blocked, restricting blood flow and oxygen to the muscles.

Sickling collapse is a medical emergency; someone suffering a sickling collapse should seek medical attention immediately.

✦ HOW TO PREVENT SICKLING COLLAPSE

An athlete's sickle cell status should be confirmed during his/her preparticipation physical exam. SCT athletes can stay active and healthy by adhering to these guidelines:

- Follow a pace-progression training program with longer periods of reset and recovery between repetitions.
- Set his/her own pace.
- Avoid performance tests such as mile runs, serial sprints, etc.
- Stop activity at the onset of symptoms and report them immediately to the athletic trainer or coach.
- Adjust work-rest cycles to accommodate environmental factors such as heat or change in altitude.
- Check with your athletic trainer about the availability of oxygen in the event of an emergency.

✦ SIGNS OF EXERTIONAL SICKLING

Sickling can begin within 2 or 3 minutes of any all-out exertion and can reach a dangerous level quickly if the athlete continues to struggle. Sickling collapse can be mistaken for cardiac or heat collapse, so it's important to know how the symptoms for sickling are different:



Collapse can happen during the first 30 minutes of exertion.



Athlete is unable to catch breath.



Unlike heat cramping, muscles will not visibly twinge or spasm. They will feel normal to the touch.



Muscles feel weak, causing the player to slump to the ground.



Pain, tenderness and swelling occur.



Core temperature isn't greatly elevated.

Not all athletes with SCT will present the same symptoms. If a player simply says, "I can't go on," let them rest—this self-limiting feature saves lives. As the sickle red cells regain oxygen, most of them will return to normal shape and the athlete will feel better and be able to return to activity.

Factors can increase an SCT athlete's vulnerability to collapse, including:

- Heat
- Dehydration
- Altitude
- Asthma

Illustration © iStock/bubonic, Icons © Gan Khom Lay

A Mid-Year Money Check-In



Oregon State
Credit Union®

By mid-year, most people have a clearer sense of how things are really going. Goals feel more real, and tradeoffs are easier to see. Without the usual pace of the school year, summer can be a natural time to notice what's working, what's shifted, and what may need a small adjustment.

Checking in on goals (without judgment)

Mid-year is a useful time to take stock. Most people find themselves in one of three places:

- **On track:** Goals are moving along as planned.
- **Adjusting:** Costs, priorities, or timing have changed.
- **Starting now:** Goals may have been delayed or reconsidered.

Wherever you land, the act of checking in is progress.

One practical reset

It can help to focus on a single, manageable step.

- Spend 10 minutes reviewing recent transactions.
- Set a small automatic savings transfer.
- Cancel or pause one unused subscription.
- Update one financial goal to better reflect current costs.

Small actions often build steadiness faster than big, reactive changes.

Learning more (when it's helpful)

For some goals, having a little more information can make the next step feel clearer. Oregon State Credit Union is offering free webinars that may help as you think through next steps, from longer-term planning to how today's decisions connect to future goals.

Explore upcoming webinars on [Wealth Management](#) or [Mortgage](#).

Moving forward with confidence

This check-in doesn't have to solve everything. It helps to align decisions with where things stand. For some households, the focus may be maintaining stability. For others, it may be building a small cushion or addressing longer-term goals.

Confidence comes from understanding options and choosing your next step intentionally – not from having everything figured out at once.

If you'd like support as you think through next steps, you can explore tools and articles in our [Financial Education Center](#), reach our [Community Education team](#), or stop by [your local branch](#). Our goal is to help you feel clear, supported, and confident as you take your next steps.

Developing Athletes' Minds for Higher Level Play

In elite sports, physical talent alone rarely separates good athletes from great ones. The difference often lies in mental fortitude—the ability to perform under pressure, maintain focus through adversity, and consistently execute at the highest levels. Developing an athlete's mind is now recognized as a critical component of high-performance training.

Mental training begins with **goal setting**. Elite athletes use specific, measurable, and time-bound objectives that go beyond winning. They break long-term ambitions into daily processes, creating a clear roadmap that builds confidence and motivation. This structured approach reduces anxiety by shifting focus from outcomes to controllable actions.

Visualization stands as one of the most powerful techniques. Athletes who mentally rehearse successful performances activate the same neural pathways used during actual competition. Studies on Olympic athletes show that combining physical practice with vivid mental imagery significantly improves execution under pressure. Top performers spend time daily imagining not just success, but also how they will handle setbacks with composure.

Mindfulness and emotional regulation have become essential. Modern training programs incorporate meditation and breathing exercises to help athletes stay present and manage pre-competition nerves. Learning to observe thoughts without being controlled by them prevents negative spirals during crucial moments. Resilience training—deliberately exposing athletes to controlled stress—further builds mental toughness by normalizing discomfort.

Coaches play a vital role by creating environments that reward effort, learning, and character over natural talent. Positive reinforcement of growth mindset principles helps athletes view challenges as opportunities rather than threats.

Athletic programs with seasonal and yearly awards help build programs year after year. When awarding for mental toughness and strong emotional skills, you will only reinforce the foundation built by previous honored recipients.

Build a Legacy of Physical and Mentally Strong Athletes

Ultimately, mental development produces athletes who remain composed when games are on the line, recover quickly from mistakes, and sustain motivation through grueling seasons. As the margins between competitors continue to shrink, those who invest in their minds gain a decisive edge. The champions of tomorrow aren't just stronger or faster—they're mentally sharper.

Where Are They Now?

OACA Scholarship Alumni Ellie Basinski



Ellie shooting a free throw during her senior season at Centennial High School.

In 2020, I graduated from Centennial High School as a two-sport varsity athlete with a big dream: attend a large public university and earn a business degree. That dream became reality because of the Oregon Athletic Coaches Association scholarship, which opened the door for me to attend Oregon State University.

At Oregon State, I secured a position as a student manager for the Women's Basketball team, an opportunity that completely reshaped how I understood the game. Instead of playing the game I loved, I was behind the scenes: taking live stats, filming games, setting up practices, traveling with the team, and learning how to stay calm and focused in high-

pressure situations. My senior year was especially unforgettable as we made a deep run all the way to the Elite Eight! Experiencing that level of competition taught me an important lesson: you never truly understand how much work goes into a successful program until you're part of the team that makes it happen. Being involved with Beaver Basketball remains one of my most meaningful memories from Oregon State and left me with an even deeper love for the game and the program.



Ellie on the bench with her fellow student manager taking stats for the Beavers in Las Vegas during the last Pac-12 Women's basketball tournament in 2024.



Ellie working as a consultant at Nike.

After graduating Summa Cum Laude from Oregon State with Bachelor's degrees in Business Administration and Sustainability, I accepted a role in change management consulting with a global consulting firm. Today, I spend most of my time supporting teams at Nike World Headquarters, helping them adopt new processes and ways of working. I would not be where I am today without the support of the OACA scholarship. It gave me the freedom to focus on my education, pursue meaningful opportunities, and stay connected to the sport that shaped me. For that, I am incredibly grateful.



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Oregon Athletic Directors Association

www.oadaonline.org

Hello Coaches!

As we move toward the last month of athletics & activities for 2025-26 it is fun to look back at the journey and see what was accomplished. We have had a great spring with a full slate of sports and activities and have hosted several top-notch championship events.

Also, the OADA was proud to host the 57th State Conference in Sunriver! It was gratifying to watch the reconnections that people made and the number of athletic administrators who participated in NIAAA leadership training courses as well as workshops of every kind.

Some highlights of the State Conference:

- NIAAA Associate Exec. Director Becky Moran, CMAA attended and presented.
- Hearing keynotes and workshops from Rob Miller (Proactive Coaching Lead Presenter)
- Inducted the 16th OADA Hall of Fame Class: Glenn Elliott, Greg Grant, CAA, Jack Henderson & Randy Ramp, CAA
- Hosted a social function just for New ADs and a separate gathering for Female ADs
- Held the annual Scholarship Endowment Event @ Lost Tracks GC which allowed us to offer a record SIX \$1000 OADA Scholarships
- 8 LTC classes
- Huge number of ADs take the CAA exam! (Thanks for coordinating LTI Coord. Tim Sam, CMAA)
- 20 Workshops
- Awarded scholarships to Kellee Dixon, Kamden Luebbert, Ruby George, Liam Siel, Brody Buzzard, & Jason Hull. Mylie Lempea & Elijah Schaal were submitted to Section 8 for the NIAAA Scholarship. Mylie advances from the Section to the National competition.
- Honored OADA AD Award nominees and winners (all nominated by various leagues)
- 2026 OADA AD Awards & Recognitions: See all below

I am thankful for everyone that was able to spend valuable time together and especially our board and Conference Ambassador Committee that worked so hard planning and putting everything together (President-Elect Jessica Russell was the conference planner). I want to point out the extra efforts by Mike Henderson (Hall of Fame) & (Golf Tournament), and Craig Ellingson (Exhibit Hall). I also appreciate the great partnership we have with the OSAA & OACA.

I would like to thank Past-President Anna Maria Lopez for her years of servant leadership and wish her the best in retirement. The board is also very excited to welcome our newest member, Derek Duman, Riverdale HS, as our 2026-27 OADA secretary. Derek has a passion for professional development and leadership and will be a welcome addition in the years to come. Our incoming President-Elect, Mike Nolan, CAA, will be planning the 2027 State Conference starting soon. Please get all suggestions and ideas for next year to him.

So, as you look forward to the pace of the summer months and make plans for next school year, I encourage you to take a deep breath and recharge. Staff, coaches and students need you at your best to get through the last few weeks. Be mindful of your daily approach and check yourself. Do you need a break? Are you at your best? If not, you need to get there. Model a good balance for others. Be a leader who inspires others. If that happens, you will in turn be inspired. Finishing the year on a high note for everyone only sets you up for a great return in the fall.

BE well!



Dave Hood, CAA
OADA Executive Director



2026 Awards Recognition & Summary

Highlighting the core values of leadership, innovation, and commitment to student athletes' welfare, the conference recognized individuals who have demonstrated exceptional prowess in their roles as athletic directors. Amongst the distinguished award winners were:

1. Proactive Coaching Leader of Significance Award:

Person or business that promotes, invests and commits to character and leadership development in Oregon Middle & High School student athletes.

H.D. Weddel, Oregon High School Administrators

2. Bill Bowers Award of Excellence:

Special award given to honor Bill's passion, determination, belief in professional growth and development of ADs through LTI courses, NIAAA, OADA

Anna Maria Lopez, CAA, St. Mary's Academy

3. NIAAA State Award of Merit:

This award may be presented annually by each state to an individual who is an NIAAA member and is deemed by the state association to have performed meritorious service to the state.

Ryan McIrvine, CAA, McMinnville High School

4. Athletic Director of the Year:

This prestigious accolade acknowledges outstanding leadership in their league and across the classification.

1A: ***Dan Smith, Klickitat High School***

2A: ***Jenny Smith, RAA, Knappa High School***

3A: ***Kyle Garrison, Rogue River High School***

4A: ***Rick Gardner, Marist Catholic High School***

5A: ***Randi Viggiano, CAA, Ridgeview High School***

6A: ***Brian Armstrong, CAA, South Salem High School***

Small School (1A, 2A, 3A) AD of Year: ***Jenny Smith***

Large School (4A, 5A, 6A) AD of Year: ***Randi Viggiano***

(continued on next page)



5. Bruce D. Whitehead Distinguished Service Award Nominee:

The Bruce D. Whitehead Distinguished Service Award is presented annually to individuals from within the NIAAA membership in recognition of their length of service, special accomplishments and contributions to interscholastic athletics at the local, state and national levels.

Dave Hood, CAA, Retired, OADA Exec. Director

6. NFHS Citation Award Nominee:

NFHS Citations are awarded to individuals whose contributions have impacted high school activity programs through their association with one of the following groups of professionals: state associations and NFHS staff, athletic directors, coaches, officials, music adjudicators and directors, and speech, debate and theatre directors.

Shelley Moore, CMAA, Newport HS

7. OADA/OSAA Partnership:

The award goes to the Athletic Director who goes out of their way to help the OSAA on committees, at state championship contests, or just continuing a good relationship with the OSAA.

Salvador Muñoz, Corvallis HS

8. Cindy Simmons Leadership Award:

This accolade honors exceptional efforts in guiding other athletic directors, coaches and school community members.

Ryan Keefauver, Neah-Kah-Nie High School

&

Kraig Hoene, Lebanon High School

9. Jim Rotramel Lifetime Service Award:

This award is given to the Athletic Director who exemplifies the profession with servant leadership and a life-long commitment to serving today's youth.

Alan Boschma, Franklin High School

10. CAA Certifications Achieved:

These ADs have demonstrated the highest level of knowledge and expertise in the field of interscholastic athletic administration. The voluntary certification process included a thorough evaluation of the candidate's educational background, experience, and professional contributions, as well as a rigorous, comprehensive written examination:

Jon Strowbridge, Crescent Valley HS, Tyler Swanson, Four Rivers Community School, Brian Armstrong, South Salem HS, Andy Jones, Silverton HS, Brody Cavaille, North Salem HS, Tyler Reuter, Catlin Gabel School, Rob Bonner, Crook County HS, Angela Davis, Corbett HS, Matt Wiles, Lincoln HS, Walter Stahl, Madras HS



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Upcoming OACA Clinics



OCTOBER 9, 2026

OACA/Nike/OBCA Basketball Clinic
Wilsonville High School

JANUARY 29-30, 2027

Nike Track & Field Clinic
Presented by the OACA
Sheraton Portland Airport Hotel



MARCH 5 - 7, 2027

Portland OACA Football Clinic
Sheraton Portland Airport Hotel



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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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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



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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



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 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


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We are thrilled to have **Navy Talent Acquisition Group Portland** as the newest 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



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3A - Scott Buzzard, Harrisburg HS
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5A - TBD
6A - Tom Johnson, Barlow HS

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



OACA MISSION STATEMENT

The OACA is committed to serve its members by promoting:

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



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