

CELEBRATING YOUR ATHLETICS PROGRAM

DANI MUNDELL, CAA

DISTRICT ATHLETIC DIRECTOR, Everett School District, WA

SUZANNE VICK, CMAA

ATHLETIC DIRECTOR, Curtis High School, WA



AGENDA



- 01 | *CELEBRATE*
- 02 | *ATHLETES*
- 03 | *COACHES*
- 04 | *TEAMS*
- 05 | *EVENTS*
- 06 | *COLLABORATE*

CELEBRATE!!! *WHY?*

Acknowledge The Tension

- *Impact on Student-Athletes*
- *Impact on Others*
- *Impact on School*
- *Impact on Community*



CELEBRATE!!! WHY?

- *Importance of Athletics-
value=funding*
- *Face of our District- the open
door to our community*
- *Experience- positive across
all stakeholders... bond/levy
support!*



BOOK RECOMMENDATION

Last spring, a group of AD's did a book study on the book "Hidden Potential, The Science of Achieving Greater Things" By Adam Grant. I can not recommend it enough to anyone within the realm of athletics. No matter your sport, there is great content for all to connect to and to use within your role coaching and in the many other roles you hold in life! If you're interested in reading it, let me know and I'd be happy to give you an extra copy that I've got!

- Dani Mundell, Director of Athletics



BEST PRACTICE

Many aspects of education-based athletics require formal approvals, and these processes often take time. To ensure timely approval, please submit field trip requests, transportation requests, and purchase approvals well in advance. Field trip approvals typically require approximately 45 days. It is important to communicate your season plans with your Athletic Director early and regularly, as they can assist in facilitating the necessary paperwork for these approvals.

DATES TO NOTE:

- ...➔ **2/5** Wrestling post season/Seeding Meeting
- ...➔ **2/19** MS Wrestling Begins
- ...➔ **2/19** JHS Spring Pre-Season Meeting 3:15pm
- ...➔ **2/24** CHS Spring Pre-Season Meeting 5pm
- ...➔ **2/24** WESCO Winter post-season meetings 6pm @ Cascade High
- ...➔ **2/24** WESCO Spring Pre-season meetings 7:00pm @ Cascade High
- ...➔ **2/25** EHS Spring Pre-Season Meeting 4pm

COACH SPOTLIGHT!

ERIC SMITH
CHS SWIM, TRACK & FIELD
See page 2 to read about Eric!

RESOURCES:

- ☒ Follow along the play off action! Find live post season brackets [HERE](#).
- ☒ Prep for post season! View the 4A Wes-King Agreement [HERE](#).
- ☒ UPDATED 24-25 Wes-King brackets [HERE](#).
- ☒ Prep for post season! View the 3A WESCO/NWC Agreement [HERE](#).
- ☒ View the WESCO 3A Basketball League Crossover Bracket [HERE](#)

ROBERT POLK SCHOLARSHIP

Each year we ask all 3 high schools to submit nominees for the Robert Polk Scholarship. These are seniors who embody teamwork, sportsmanship and character, the personal attributes that made Robert the leader he was. [Click here to learn more about the Robert C. Polk Scholarship.](#)


[NOMINATE A SENIOR HERE](#)

Free! *Our Space in Sport* is a free conference for girls in sport and their coaches. March 8th 10-3.
[LEARN MORE HERE](#)

What is your why?

Why is it important for you to celebrate your Athletes, Teams, and Coaches?

EVERETT
GIRLS
SOCCER



Welcome to the Home of the Seagulls

GAME INFORMATION
Lincoln Field
2510 Rockefeller Ave, Everett
JV: 5:00pm
Varsity: 7:00pm

CONTACT INFORMATION
Athletic Director
Juan Zavaleta-Berdeja
jzavaleta@everettsd.org
O 425.385.4400 / C 425.xxxxxx

District Athletic Director
Dani Mundell
dmundell2@everettsd.org
O 425.385.4269 / C 206.755.9464

Athletic Coordinator
Tommy Chambers
tchambers2@everettsd.org
C 425.218.5843

Athletic Trainer
IRG provides home game coverage


Head Coach: Ryan Gamache
rgamache@everettsd.org
JV Coach: Cheyanne Bradley
CTeam Coach: TBD


EHS ADMINISTRATION
Dr. Ian Saltzman, Superintendent
Dr. Peter Scott, Deputy Superintendent
Kelly Shepherd, Principal
Skyler Lambert, Assistant Principal
Katy Loker, Assistant Principal
Juan Zavaleta-Berdeja, Asst Principal/AD

A WELCOME FROM EHS ATHLETIC DIRECTOR JUAN ZAVALETA-BERDEJA
On behalf of Everett High School, we look forward to hosting your team this upcoming season. Here at EHS, we are making a great effort to provide a safe, inclusive and welcoming environment at all of our athletic facilities. Please take a few minutes to review the enclosed information and forward to the appropriate administrative, coaching, medical, and transportation personnel. This guide is intended to make your team's visit a positive and memorable experience.

Included in this Visiting Team Guide should be the necessary information you will need to attend an Athletic Event at Lincoln Field. The Guide includes sections about bus parking, online ticket sales, spectator guidelines, locker room details and more.

If you have any questions, concerns or suggestions, please feel free to reach out to myself or our District Athletic Director, Dani Mundell. Our goal is for your team to have a positive visit at the stadium. So, from our staff and community -- We welcome you to Lincoln Field.

**TICKETS
GO FAN**



**SPECTATOR'S
GUIDELINES**


EMERGENCY CONTACT INFORMATION

- Medical Services -- EMS: Call 911
- Hospital -- Providence Regional Medical Center: 425.261.2000
- Urgent Care -- Seattle Children's Urgent Care: 206.987.2211
- Police -- Everett Police Dept.: 425.407.3999
- EPS Security- 425.535.0272 / 425.923.7283 / 425.923.6412

Juan Zavaleta-Berdeja
Athletic Director
Everett High School

EVERETT
GIRLS
SOCCER



Game Plan & Visitor Guide

COUNTDOWN TO JV

Time	Clock
4:30	30:00 Field Available for Teams
4:45	15:00 Coaches/ Officials Meeting
5:00	0:00 Junior Varsity Match Begins

COUNTDOWN TO VARSITY


Time	Clock
4:30	30:00 Field Available for Teams
6:30	30:00 Coaches/ Officials Meeting
6:50	10:00 National Anthem & Intras
7:00	0:00 Varsity Match Begins

POST- GAME

0:00	+15:00 Field Clear
	+20:00 Lights Off


BUSSES / PARKING


Buses can utilize parking at the EHS gym located at 2415 Wetmore Ave (yellow). Fans please utilize street parking shown in lime green below.




A - Z INFORMATION

- AMBULANCE** - service is ON-CALL and available for transport of injured athletes to area hospital. See Emergency Contact Information
- BUS PARKING** - Buses should park in the gym parking lot (see Map provided) located at 2415 Wetmore Ave
- CONCESSIONS** - Concessions for purchase will be available during the varsity contest. Proceeds support EHS Girls Soccer. Please remind your fans and players to clean their areas following the game.
- DRESSING ROOMS** - Locker Rooms are not available
- EQUIPMENT** - Bench Seating/cover will be provided for your team. Any other needs should be requested prior to game day.
- FIELD** -- EHS will follow our school District, WESCO League, WIAA, and NFHS standards for access to the playing area. Only authorized personnel, staff, officials, and players are allowed in the playing area before and during games.
- INTERRUPTED GAME** -- The AD/Officials have the authority to stop play to create a safe environment for players, officials and fans by WIAA guidelines.(reasons: weather, players, coaches, officials or fans)
- MEDIA** -- Photographers must wear school approved media pass to access the field.
- PARKING** -- All spectators, coaches, etc must use street parking around the facility or park at the EHS gym.
- ROSTERS**-- Printed rosters are not provided. Be sure to take a photo of the roster on your way in or access via wescoathletics.com
- SPECTATORS** -- Please refer to the QR Code for info.
- TICKETING** - Tickets are available for purchase online and in person at the gate. Admission -- Adults/ Students w/o ASB \$8, Students w/ASB & Elem \$5, Seniors & Military \$5, children under 5 NO CHARGE.
- VISITING ADMINISTRATION** -- The Visiting Team should include all administrators on their roster for admission.

**TICKETS
GO FAN**


**SPECTATOR
GUIDELINES**


ROSTERS


CELEBRATE!!! ATHLETES

- All league posts
- Sportsmanship posts
- Sportsmanship announcement before football games
- League Sportsmanship poster
- On to State! (Cert, pin)
- Signing Ceremonies



3A HIGH JUMP **STATE CHAMP** SHUKU NDAYIRAGLJE



2024



Leaders in
Sportsmanship



WE ARE WESCO

CELEBRATE!!!

ATHLETES

FEAR OF MISSING ATHLETES

- *Character*
 - *Gratitude and Grit*
 - *Social Media*
 - *Reposting*
- *Ability*
 - *Athlete of the Year*
 - *Signing Days*
 - *Social Media*
 - *Reposting*



COLLABORATE

*How do you CELEBRATE
ATHLETES ?*



MENTI...



CELEBRATE!!!

COACHES

- *Personal Connection*
- *Thank You Cards*
- *Coach of the Year*
- *Social Media*
- *Weekly Newsletter*



Celebrations

☐ Emergency Action Plan Practice

I wanted to give you a huge shoutout to Kevin Leary, head boys lacrosse coach for taking the time to run through the Emergency Action Plan (EAP) with his team. Preparation is everything when it comes to being ready for an emergency, and he modeled exactly what it looks like to take that seriously. He sent me a text on Tuesday and asked if I wanted to be the 9-1-1 operator to make sure they give the correct information. He then followed through with the full drill. Really impressive and one of the cooler things I've experienced as an Athletic Director. Kevin shared it was the first year he had the team open the gates, go all the way to the road, and build the privacy wall. I hope we never have to use it, but these intentional acts will make sure we are ready if we do. Kevin, thanks again for your leadership and for setting the standard.

CELEBRATE!!!

COACHES

- Coach anniversaries
- Coach newsletter/Post with Spotlight
- Coaching Legacy awards (5, 10, 15, 20, 30, 40)
- Coach of the year
- Mentors
- Awards at the board level
- Thank a spouse/family!

COACH SPOTLIGHT MASON SIDDICK JACKSON FOOTBALL & TRACK

How has your coaching philosophy evolved over the years?

"To its core, my coaching philosophy hasn't changed. Our mission is to be in a constant pursuit to unleash our greatness on and off the field as we strive to build Champions of Character. Our mission/program objectives are to, 1) Develop Champions of Character as we hunt championships. 2) Educate, Train, and Inspire. 3) Increase school spirit and community involvement. Our 3 Pillars, Attitude, Habits, and Execution are the core values that make everything go for us as a Pack. Every day, we strive to be 3 Strong. Attitude is my compass; it'll show me the direction I am headed. Habits is my vehicle; it will take me where Attitude points. Execution is my destination; it is where Attitude and Habits meet."



How do you balance the demands of coaching with your personal life?

"This is always hard to do as a coach and probably the thing I struggle with the most even though I would like to think I have gotten better at it. When I am home, I do my best to put my phone, tablet, and computer away so that I may be fully engaged and committed to what we have going on at home. I see my kids very minimally during the week and although I am busy with film breakdown and game planning, I get to watch my boys play football on Saturdays. The life of a coach is a grind, and I couldn't do any of this without my wonderful and amazing wife, Meagann. The balance we have as a family during the season is because of her. My wife is the reason I am able to commit to my craft the only way I know how to...all in! Thank you for always supporting me and our Pack and for being such an amazing mother and partner!"



What specific strategies have you used to motivate your team?

"The number one thing I try to focus on is the bonds we establish as a team. Just as we strive to be 3 Strong philosophically, we also strive to be 3 Strong relationships wise. It is crucial for our Pack to have great coach to player relationships, player to player relationships and coach to coach relationships. I like to focus on the work and growth of the Pack to validate their efforts and continually show them that hard work pays off. We also do fun things to motivate our kids like PACK Points, Turnover Chain, Helmet decals, Incentives for activities and milestones, Scout team player of the week and various awards at the end of year banquet. We also do a draft and have our Pack compete amongst themselves during the long(off) season."

COACH SPOTLIGHT MARJI BOVEY EVERETT GIRLS BOWLING

How do you see your role in shaping not just athletes' skills but also their character?

"I see my role in shaping character in the same light as teaching skill. I primarily do this through modeling positive interactions for both ideal situations and challenging cases. By promoting integrity, kindness, respect and perseverance, athletes are able to enhance athletic skills while also developing traits needed for life."



What do you think is the most important quality for an athlete to develop in high school and why?

"Communication is a pivotal skill for an athlete's future. Actively listening and engaging in 2-way conversation limits confusion and improves relationships between the players and me. They are asked to get better in all abilities throughout the season, and a focus on communication positions us well for post-season goals, while also helping develop a life-long skill."

What advice do you have for athletes who aspire to become coaches one day?

"My advice for athletes that develop a desire to coach in the future centers around seeking understanding and staying flexible. Athletes on a team are competing for a myriad of reasons. Some athletes will make choices a coach isn't always going to agree with as a result. By developing understanding with the athlete about how a decision could impact their role, everyone has the information needed to productively move forward. A proactive approach addresses challenges with respect to all parties and likely limits responses driven by emotion."



CELEBRATE !!! TEAMS



- *Presence*
- *Social Media*
- *Rec Assemblies*
- *Night of Champions*
- *Breakfast of Champions*
- *Athletic Commission*
- *CHN*

Jackson Girls Swim & Dive
Finishes 3rd in State overall!



JACKSON TIMBERWOLVES 2024 STATE GIRLS



ON TO
EVERETT SEAGULLS



STATE

WIAA 2025 STATE TRACK & FIELD

DECEMBER 4, 2025

GAME ONE
DONE AND WON

Cascade beats North Creek 16-14



Friday October 25th, 2024
7PM



FOOTBALL

Everett Memorial Stadium

EVERETT

VS

CASCADE

CELEBRATE !!! TEAMS

- State send offs
- Social media posts of post season accomplishments
- Advertising for games
- Prime spots on District Webpage
- Mayor Attendance
- Superintendent Re-tweets

TURN AND TALK

How do you currently *CELEBRATE* your *COACHES & TEAMS*?



2025 DISTRICT 1 3A BASEBALL 5/6-5/17



3A District 1 Baseball Tournament Bulletin

TOURNAMENT LOCATION

BRACKET

Higher Seeds.

**Funko Field- 3900 Broadway,
Everett**

DATES & TIMES

Refer to bracket for game locations. Default game time Tuesdays/Thursdays are 4pm and 7pm, Saturday default times are 10am, 1pm, 4pm, 7pm. The tournament is Double Elimination.

TOURNAMENT DIRECTOR

Dani Mundell, District AD- Everett
dmundell@everettsd.org
O 425-385-4269
C 206-755-9464

TOURNAMENT COMMITTEE

- Tournament Director
- Assigned Umpires
- Official Score Keeper

Games committees must be formed by the site AD for the higher seed games

ADMISSION

Games played at higher seeds, no admission.

FUNKO FIELD: (Cash/GoFan available)
\$8 Adults, Students w/o ASB
\$6 Students w/ASB, Elementary, Senior Citizen
All Students, host and visiting, must pay admission at Funko Field.

GAMES COMMITTEE

If a coach feels there has been a misinterpretation of misapplication of a rule, the coach shall notify the game officials following the incident in question, and prior to the resumption of action, that the contest is being played under protest. At that point the official(s) will suspend the contest until a decision of the Games Committee has been determined. The Games Committee will meet immediately. The coach shall be afforded the opportunity to present rationale and justification including the specific rule(s) in question, action taken by the tournament officials, and desired outcome. The Games Committee will deliberate in closed session. The decision of the Games Committee is final.

COMPLIMENTARY ADMISSION

- Superintendents, building administrators, athletic directors and/or supervisory personnel from each school will be admitted when they present a valid NW District 1 or District 2 EVENT Supervisory pass.
- Additional accepted passes: State Coaches & Athletic Directors' Association passes, WOA State Observer passes, NW District 1 and WIAA Lifetime passes.
- Press: Members of the working press and press photographers who are covering the playoffs will be admitted free with appropriate credentials. School Photographers – Participating schools will be permitted to have one newspaper photographer and one yearbook photographer.

ROSTERS/PROGRAM INFORMATION

- Team eligibility will be in accordance with the State guidelines.
- Roster changes may be made between each day of the tournament.
- Rosters and team personnel will be pulled from WPAN 24 hours prior to the first round.
- Each school will be allowed a maximum of 29 people on the pass list for admittance into the stadium. This number is to include: managers, bus driver, scorekeeper, faculty representative, coaches and players. This list should be submitted to WPA network site by Wednesday at noon before the first round.

RAINOUT PROCEDURE

If any of the games are rained out on a particular day, all games that day will be postponed and rescheduled to the next available day. In case of a rainout for a 4 pm game, schools will be called by 1:30 pm. If a game is interrupted prior to the 5th inning or after the 5th inning and the score tied after the last complete inning, the game shall be suspended and resumed at the point of interruption on the next available day. The line-up and batting order of each team shall be exactly the same as the line-up and batting order at the moment of suspension, subject to the rules governing the game. If a game is interrupted after the 5th inning and the score is not tied after the last complete inning, the game shall be called official, and the winner declared according to the score at the end of the last complete inning.



PREGAME TIMEOUT

PARTICIPANTS FOR PREGAME TIMEOUT: OFFICIAL(S),
HOME/AWAY COACH, AD*, ATC*, SITE SUPERVISOR, ADMIN*

EMERGENCY #'S

PRINCIPAL: 425-

AD: 360-

ATHLETIC TRAINER: 206

DISTRICT AD: 206-

VENUE ADDRESS:

1508 136TH ST SE, MILL CREEK



CHECKLIST QUESTIONS

- Is an athletic trainer onsite? If not, who is the lead responder emergency?
- Where is the closest AED and who will retrieve it?
- Is other emergency equipment available? (Spine board, splints, first aid kit)
- Are there environmental concerns? (Heat index, lightning)
- Emergency communication? (Hand signals, radio, cell)
- Who will call 911 and meet arriving EMS? (Location and access)
- Contest Interruption Policy: Cover policy and who official communicating with if behavior is reported to them.

EVERETT PUBLIC SCHOOLS FOOTBALL



Welcome to the Home of the
Bruins, Seagulls & Timberwolves

GAME INFORMATION

Everett Memorial Stadium
3900 Broadway, Everett
5:00pm Everett v. Monroe
8:00pm Jackson v. Cascade

COACH/AD CHECKLIST

- ☒ Email Depth Chart & Phonetic Roster to ssundstrom@everettsd.org
- ☒ Email the name of an athlete you'd like to recognize for sportsmanship and a brief reason why to ssundstrom@everettsd.org to be recognized at the game.
- ☒ Share Bus parking info with your driver
- ☒ Notify students of bag/drink and re-entry policies
- ☒ Email pass list by 12pm Friday to ssundstrom@everettsd.org

CONTACT INFORMATION

District Athletic Director
Dani Mundell
dmundell2@everettsd.org
O 425.385.4269/ C 206.755.9464

District Athletic Secretary
Kristin Shea
kshea@everettsd.org
O 425.385.4260

Event Coordinator
Sarah Sundstrom
ssundstrom@everettsd.org
O 425.385.4261

ADMINISTRATION

Dr. Ian Saltzman, Superintendent
Dr. Peter Scott, Deputy Superintendent
Krista Bjorge, Assistant Principal/ AD CHS
Juan Zavaleta Berdeja, Assistant Principal/AD EHS
Erik Heinz, Assistant Principal/AD JHS

A WELCOME FROM DISTRICT ATHLETIC DIRECTOR DANI MUNDELL

On behalf of Everett Public Schools, we look forward to hosting your team this week. We are making a great effort to provide a safe, inclusive and welcoming environment at all of our athletic facilities. Please take a few minutes to review the enclosed information and forward to the appropriate administrative, coaching, medical, and transportation personnel. This guide is intended to make your team's visit a positive and memorable experience.

Included in this Visiting Team Guide should be the necessary information you will need to attend an Athletic Event at Everett Memorial Stadium. The Guide includes sections about locker room access, bus parking, spectator guidelines, and more.

Dani Mundell
District Athletic Director
Everett Public Schools

BUS PARKING

Bus drop off and parking should be in the north lot, turn left on 37th and into our north parking lot.



CASCADE GO FAN



EVERETT GO FAN



SPECTATOR'S GUIDELINES



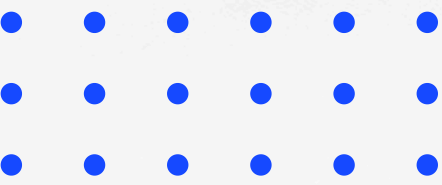
JACKSON GO FAN



EMERGENCY CONTACT INFORMATION

- Medical Services -- EMS: Call 911
- Hospital -- Providence Regional Medical Center: 425.261.2000
- Urgent Care -- Seattle Children's Urgent Care: 206.987.2211
- Police -- Everett Police Dept.: 425.407.3999
- EPS Security- 425.535.0272 / 425.923.7283 / 425.923.6412

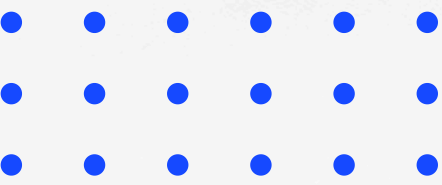
CELEBRATE EVENTS



- *Night of Champions*
- *Breakfast of Champions*
- *Signing Day*
- *Rec Assemblies*
- *Viking Service Award*
- *The Viking Experience*
- *Your Voice Matter*
- *Honor Grad Night*
 - *Bob Rob*
 - *Gloria Odell*
 - *Bob Lucey*



CELEBRATE EVENTS



- District wide year end awards banquet:*
- Athletes: Scholar athletes, 3-sport letter winners, Cliff Gillies, State champions, Robert Polk Scholarships, Athlete of the Year*
- Adults: Mom and Pop award, Coaching Legacies, Coach of the year, Ron Hicks Distinguished Service Award for Athletics*
- Presenters*
- Keep it moving!*



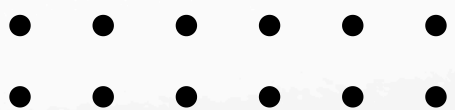


INTO ACTION

*WHAT IS ONE
THING YOU ARE
GOING TO TRY IN
2026?*



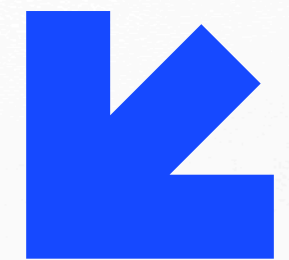
**WRITE IT DOWN
EMAIL IT YOURSELF
TEXT YOURSELF**





THANK YOU

CONTACT US



SUZANNE VICK
DISTRICT AD, CMAA
UNIVERSITY PLACE SD



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253.380.6531



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Website
chs.upsd83.org



@OURVIKINGNATION

DANI MUNDELL,
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