

A. CCS PHYSICAL EDUCATION AND ATHLETIC DEPARTMENT STAFF

<u>Name</u>	<u>Title/Position</u>	<u>Phone Number</u>
Anderson, Erik	Physical Education Faculty, SCC, Head Men's and Women's Cross Country and Assistant Track Coach	533-7442
Beatty, Larry	Physical Education Faculty, SCC, Head Men's and Women's Track Coach	533-7349
Burns, Mike	Adjunct Instructor, Head Men's Basketball Coach	533-7184
Burrus, Ken	Athletic Director, Dean of Physical Education	533-7220/ 533-3630
Byrne, Tony	Adjunct Instructor, Assistant Baseball Coach	533-3639
Cash, Jason	Adjunct Instructor, Assistant Track Coach	533-8857
Cassan, Kristine	Adjunct Instructor, Ballet	533-3630
Chinen, Teruo	Adjunct Instructor, Karate	533-7230
Dalsanders, Christie	Athletic Program Coordinator, Adjunct Instructor, Head Women's and Assistant Men's Golf Coach	533-7217
DeFour, Claude	Assistant Track Coach	533-7349
Duke, Phoebe	Athletic Trainer, Adjunct Instructor	533-3640
Dyksterhuis, Carol	Adjunct Instructor, Aerobic Fitness	533-3630
Evans, Rita	Adjunct Instructor, Aerobic Fitness	533-7216
Fairbanks, Angel	Adjunct Instructor, Assistant Volleyball Coach	533-3763
Finocchairo, Kortney	Adjunct Instructor, Assistant Volleyball Coach	533-3763
Gesik, Michelle	Concessions Manager	
Gilbert, Dan	Athletic Manager	533-7231
Groth, Jeremy	Adjunct Instructor, Assistant Men's Basketball Coach	533-7210
Harrison, Rick	Physical Education Faculty, SCC	533-7224
Heidenson, Wally	Physical Education Faculty, SCC, Head Men's and Women's Tennis Coach	533-8164
Heuer, Michele	Aquatics Director, Wellness Coordinator, SCC	533-7211
Hilton, Keri	Adjunct Instructor, Assistant Women's Soccer Coach	533-8283
Hull, Clint	Physical Education Faculty, Head Men's Basketball Coach	533-7184
Jensen, Tammy	Physical Education Faculty, SCC	533-7233
Johnson, Bruce	Physical Education Faculty, SFCC, Intramural Coordinator, Head Women's Basketball Coach	533-3647
Johnson, Craig	Adjunct Instructor	533-7229
Jurich, Brenda	Adjunct Instructor, HFT Instructor	533-3630
Kamp, Harriette	Adjunct Instructor, Social Dance	533-3630
Keller, Dave	Physical Education Faculty, SFCC, Head Baseball Coach	533-3390
Kramer, Scott	Adjunct Instructor, Marketing, Head Men's Golf Coach, Assistant Women's Golf	533-7445
Krestian, Kenny	Physical Education Faculty, SFCC, Head Men's Soccer Coach	533-3419

A. CCS PHYSICAL EDUCATION AND ATHLETIC DEPARTMENT STAFF (continued)

<u>Name</u>	<u>Title/Position</u>	<u>Phone Number</u>
Lanker, Linda	Assistant Track Coach	533-7349
Lee, Bobby	Assistant Athletic Director	533-3644/ 533-7215
Lewis, Debba	Adjunct Instructor	533-7176
Martinson, Jim	Physical Education Faculty, SCC, Head Women's Soccer Coach, SCC Department Chair	533-7228
Matlock, Irene	Physical Education Faculty, SFCC	533-3635
Matthews, Barry	Adjunct Instructor, Assistant Baseball Coach	533-3639
McLachlan, Sean	Adjunct Instructor, Assistant Cross Country Coach	533-7232
Meale, Lisa	Adjunct Instructor, Certified Athletic Trainer	533-8638
Newman, Ed	Adjunct Instructor, Social Dance	533-3630
Nicoll, Andy	Athletic Assistant, Team Travel	533-8290
Owens, Chana	Assistant Women's Golf Coach	533-7217
Palmer, Mary Anne	Athletic Assistant, Budget	533-3649
Predisik, Juju	Assistant Softball Coach	533-3638
Ray, Maury	Special Projects Coordinator	533-7220
Reilly, Matt	Adjunct Instructor, Assistant Men's Soccer Coach	533-3133
Rosselli, Jenni	Physical Education Faculty, SFCC, Head Volleyball Coach	533-3763
Shelton, Vanessa	Assistant Softball Coach	533-3638
Skaife, Janet	Physical Education Faculty, SFCC, Head Softball Coach	533-3638
Snyder, Keith	Physical Education Faculty, SFCC	533-3648
Staudinger, Darcy	Adjunct Instructor, Aerobic Fitness	533-7216
Staudinger, Sheri	Adjunct Instructor, Aerobic Fitness, Yoga	533-3816
Stennes, Marcus	Assistant Men's Basketball Coach	533-7210
Strand, Sunni	Program Coordinator, SCC	533-7230
Tikker, Paul	Physical Education Faculty, SCC	533-8131
Tobeck, Bernice	Adjunct Instructor, Assistant Women's Basketball Coach	533-3647
Troppmann, John	Physical Education Faculty, SCC, Assistant Strength Coach	533-3645
van der Meer, Cor	P-T Program Coordinator, Adjunct Instructor	533-3636
Warner, Travis	Adjunct Instructor, Wellness Coordinator, Head Strength Coach, SFCC	533-4105
Washburn, Adam	Assistant Women's Basketball Coach	533-3647
Weidman, Ryan	Adjunct Instructor, Assistant Track Coach	533-4124
York, Trent	Assistant Volleyball Coach	533-3763
Zacher, Nancy	Program Coordinator, SFCC	533-3630

B. PHILOSOPHY OF THE DEPARTMENT

1. STATE SYSTEM

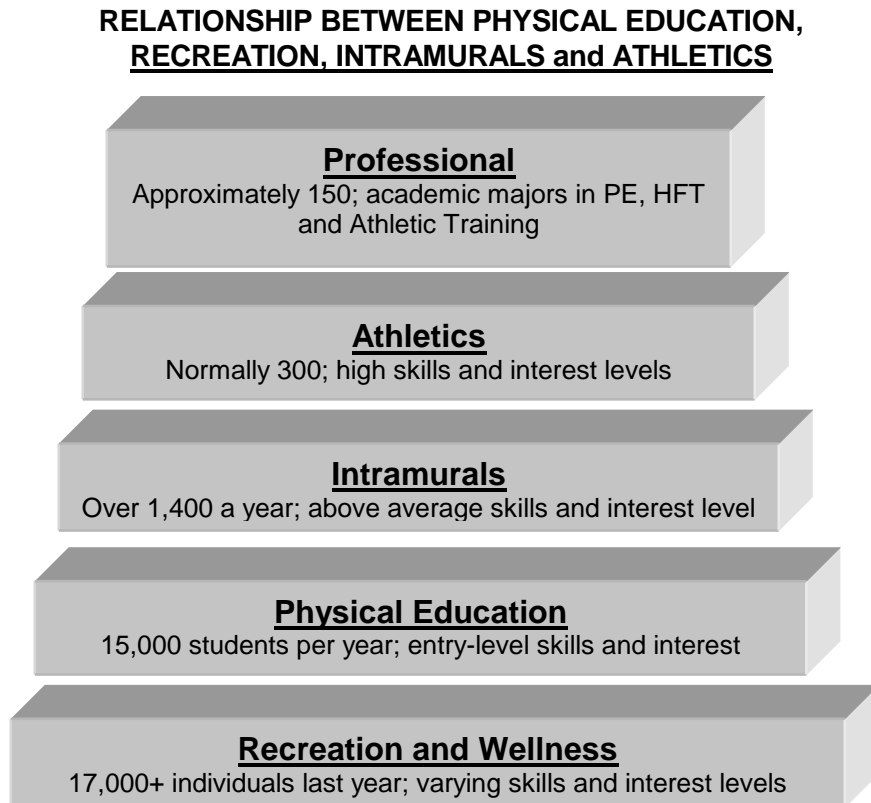
Washington community colleges' general philosophy is that student activities are an important and essential part of the educational system, and that physical education, recreation and intercollegiate athletics should be included in activity and academic programs offered in the community college setting.

2. CCS ATHLETIC PROGRAM MISSION

The Intercollegiate Athletic, Intramurals, Recreation, and Wellness Program will provide quality intercollegiate athletic, intramural, and wellness programs that represents the colleges and the district. These programs will give students the opportunity to develop physical, mental, emotional, and social competencies through their participation as part of a comprehensive student support program.

3. CCS ATHLETIC PROGRAM VISION

The CCS Intercollegiate Athletic, Intramural, Recreation, and Wellness Program will be student centered and responsive to the needs of students pursuing an improved quality of life. Students will be afforded the opportunity to participate in a variety of activities that are diverse enough to appeal to all ages, skill levels, gender, and backgrounds. These programs will emphasize responsibility, communication and problem solving as learning outcomes in their course objectives.



A quality, comprehensive program should be designed to meet the skill and interest level of all individuals. Each part or level of the program is dependent upon and related to the other levels and does not function well independently. Each level builds from the others.

C. DIVISION GOALS AND OBJECTIVES

BASIC OBJECTIVES

1. Enhance the Community Colleges of Spokane's public image through the CCS Foundation and the Bigfoot Golf Classic. Increase financial contribution from outside sources.
2. Develop and expand CCS student-athlete recruiting practices which support, retain and contribute to a diverse student population.
3. Improve the Academic Success Program to assist, support and retain student-athletes.
4. Increase business partnerships with the CCS Athletic Department.
5. Maintain the philosophy, continuity and efficiency of a district-wide consolidated athletic program.
6. Insure the participatory inclusion of the consolidated District Athletic Program in master planning and technology procurement.
7. Develop long range PE Faculty/Head Coach replacement plan to replace head coaches who retire from their coaching responsibilities.
8. Insure that athletic facilities are replaced or repaired in a timely manner.

D. HISTORY OF CCS ATHLETIC DEPARTMENT PROGRAMS

In the Washington State Community College Act of 1963, Spokane, as well as several other cities, was granted a community college district. College classes first began on the Mission Street site of the old Spokane Vocational-Technical School. The athletic program started in 1964 under the SCC name. The first college athletic team was basketball, coached by Hank Coplen. They used a vacant elementary school as their practice site and played their games at Sacajawea Junior High School. The Community College Act also separated all community colleges from any K-12 jurisdiction and established a college board of trustees for each college.

The SCC Athletic program moved to SFCC when the campus was built in 1966-67. The program expanded from men's basketball to include football, baseball, track and field, cross country, wrestling and volleyball.

The athletic program split into two competing college programs (SCC & SFCC) when the SCC campus at Mission and Greene became the second college in the District in 1970. In the fall of 1971, athletic teams competed under two separate college names. The men's basketball and track and field teams became highly competitive rivals. In 1971, SCC used the Armory for basketball practice and Mead High School for track and cross country until home facilities were completed at the Mission campus.

Athletic programs at SCC and SFCC were separate programs until they were consolidated into one (CCS) program in 1978 and each of the single district teams were placed at one college or the other. Students from either college could compete on any one of the teams at either campus. A new outcome of the consolidation was the creation of a District Athletic Committee (DAC). This body of students, faculty and administrators gave equal campus representation to SCC, SFCC and the IEL.

During the 1980s, athletic funding became a hot campus issue. In the mid-1980s, a District S & A committee was formed to help solve funding disputes between various factions and campus groups. This committee has representation from each college, the IEL and the Athletic Department. The funding level for athletics was reduced from 55% to 33% during the 1980s and has remained at 33% of the total S & A fee since 1990.

Growth of womens' sports occurred in the late 1980s and early 1990s, as CCS became a national leader in Title IX and Gender Equity areas. CCS started women's softball, women's golf and women's soccer as the last three new teams. CCS now has 15 teams, eight for women and seven for men; and more scholarships for women (54%) than men (46%).

E. ATHLETIC PROGRAM GUIDELINES FOR 2007-08

1. ATHLETIC PHILOSOPHY

The district offers a competitive, comprehensive sports program to the citizens of the district. The athletic programs of SCC and SFCC are consolidated into a district program so students of either campus can compete on any of the athletic teams. The district believes each individual and athletic team should strive for excellence and should be funded adequately to allow students the opportunity to compete at the highest possible degree of competition.

Intercollegiate athletic teams exist as a means of providing meaningful programs to supplement the educational process. They offer educational, social, cultural and recreational activities for students. Teams are organized to fulfill a common interest and ability of a group of students interested in pursuing intercollegiate athletic competition.

The athletic program is supervised by the district athletic director, who has the responsibility of implementing the program.

2. MISSION STATEMENT

The Intercollegiate Athletic, Intramurals, Recreation, and Wellness Program will provide quality intercollegiate athletic, intramural, and wellness programs that represents the colleges and the district. These programs will give students the opportunity to develop physical, mental, emotional, and social competencies through their participation as a part of a comprehensive student supported program.

3. VISION STATEMENT

The CCS Intercollegiate Athletic, Intramural, Recreation, and Wellness Program will be student centered and responsive to the needs of students pursuing an improved quality of life. Students will be afforded the opportunity to participate in a variety of activities that are diverse enough to appeal to all ages, skill levels, gender, and backgrounds. These programs will emphasize responsibility, communication, and problem solving as learning outcomes in their course objectives.

4. ADMINISTRATIVE STRUCTURE

The district athletic program is administered by the district athletic director, who follows the recommendations of the District Athletic Committee (DAC) for preliminary budget approval. Recommendations of the DAC are presented to the district athletic director, district administration and the Board of Trustees for final approval.

5. DISTRICT ATHLETIC COMMITTEE

The committee is made up of fourteen (14) members which include the following: eight (8) students: SCC A.S. representative, SFCC A.S. representative, two student-athletes from each campus (one male/one female) approved by the student governments and two students-at-large from the IEL; one faculty member from each campus appointed by the respective college president in consultation with AHE and A.S. presidents; three administrative members appointed by each of the college presidents and the IEL executive dean in consultation with the district athletic director. The chairperson is the district athletic director, who votes only in case of a tie. (See page 10 for list).

E. ATHLETIC PROGRAM GUIDELINES FOR 2007-08 (continued)

6. RECRUITING PHILOSOPHY

Primary emphasis is in eastern Washington, with limited recruiting in western Washington and contiguous states (Oregon, Montana, Idaho, Alaska, British Columbia, California and Nevada). All out-of-region contact must be initiated by the prospective student-athlete and follow Northwest Athletic Association of Community Colleges (NWAACC) regulations. Any exceptions to these guidelines must have individual approval from the district athletic director.

7. SCHOLARSHIP PHILOSOPHY

District teams are composed mainly of Washington state student-athletes with a limited number from out of state. Although the NWAACC allows 100 percent out-of-state scholarships, Community Colleges of Spokane (CCS) recommends a limit on out-of-state athletes to remain consistent with the district philosophy of providing a majority of grants-in-aid to local athletes. Grant-in-aid tuition and fee scholarships normally are awarded to student-athletes from Washington, Oregon, Montana and Idaho.

8. GRANTS

The number of grants per sport are in accordance with the basic guidelines and recommendations established by the Northwest Athletic Association of Community Colleges (NWAACC). CCS conforms to new NWAACC rules and regulations as they are adopted.

Grant-in-aid is defined as tuition and fees for one to three quarters and indicated as such on the letter of intent. Awards are limited to a maximum of 65% of tuition each quarter. CCS has 55 grants-in-aid for tuition and fees for women and 46 for men.

Work grants are non-eligible student work-study allocations awarded by the Athletic Department to student-athletes who are assigned work throughout the campus and monitored by the campus financial aid office. These work grants are for a maximum of \$1,500 per year per student-athlete. They are limited by number to total tuition and fees allowed per sport, but are not restricted by in-state and out-of-state guidelines. (For further information, please see "P" Athletic Programs Fiscal Information #3, pages 31-32.)

9. STUDENT-ATHLETE ORIENTATION PROCEDURES

Team orientation sessions are required for all athletes. The department holds sessions for each varsity sport in the fall at both campuses and a makeup session each quarter.

The goal of these sessions is to ensure each athlete is aware of all departmental responsibilities associated with his/her participation. Topics include athletic and medical policies, insurance requirements and procedures, S & A fees, team travel rules, equipment check out, academics and eligibility. Students also view a film covering policy procedures and risks which explains that sports can be dangerous and reviews legal implications. Each team member is required to sign a form stating he/she has viewed the film and is aware of the inherent dangers involved.

There is an additional session, which involves members of the counseling, financial aid and registration departments. These representatives relay helpful information regarding the types of support and aid that is available through CCS. Students find this session extremely helpful by informing them how to register and what is needed for an A.A. degree to transfer.

E. ATHLETIC PROGRAM GUIDELINES FOR 2007-08 (continued)

10. ATHLETIC TRAINERS' PROGRAM

Athletic trainers are involved with care and prevention of illness and injury associated with sports and maximizing performance of the athlete. Trainers are typically the first to be called on to provide immediate care for an injured athlete or diagnose an athlete's injury. Other areas of expertise developed include taping, equipment modification, exercise prescription, rehabilitation and massage.

Student trainers are enrolled in classes emphasizing the sciences including biology, nutrition, health, anatomy and physiology. At CCS, athletic training is part of the Health/Fitness Technician Program. This prepares students to complete the final two years of study at a four-year college. Because the program is small, student trainers begin working almost immediately with athletes and teams, an advantage over those students in larger programs at other schools. Working in conjunction with the CCS athletic trainer and team physician, each student is assigned a team and works directly with monitoring off-season conditioning, practices and both home and away team games. A trainer must be capable of assessing injury and begin treatment immediately; this requires the ability to keep a clear head. Eventually they perform much of their work independently.

We have five students working as student trainers this year. Two are returners from last year. Some of the students intend to pursue careers in coaching, and personal training in addition to those who will become athletic trainers. Many coaches become employed in settings where they do not have access to athletic trainers. Our student trainers who become coaches will be more readily employable because of their experience at CCS in dealing with injuries under the supervision of the staff athletic trainers.

Potential employers for trainers include but are not limited to colleges, universities, high schools, health clubs, professional sports teams, individual athletes, sports medicine clinics, recreational departments and corporations.

Once again this year the Athletic Training staff would like to extend special thanks to our network of great professionals who help provide care for our teams. Dr. Russ VanderWilde, Dr. Arnold Peterson, Dr. Kirk Herring, Larry Ham PT, Arch Harrison, PTA, LMT and Tim Gilreath LMT provided a level of care for our athletes that is unrivaled in the NWAACC.

11. STRENGTH TRAINING PROGRAM

Recognizing the importance of strength training at the collegiate level, CCS is one of the few community colleges to have a strength and conditioning coach. Travis Warner, a Certified Strength and Conditioning Specialist, works with each sport on a team and individual basis. Coaches have the opportunity to meet with Travis to organize a year-round conditioning program for all their athletes. Increases in strength and speed have aided the performance of the student-athletes and has reduced injuries. Athletes can access summer conditioning programs online. This allows athletes living away from Spokane the ability to train and prepare over the summer months. In addition, athletes can receive nutritional counseling from the department wellness coordinator.

E. ATHLETIC PROGRAM GUIDELINES FOR 2007-08 (continued)

12. ACADEMIC SUCCESS PROGRAM

Academic Success is a program that started in the fall quarter of 2000. The purpose of the program is to ensure that student-athletes are working toward graduation or transfer status to a university or four-year college. Emphasis is placed on students who may have academic challenges. All of the students identified are assigned to the Academic Success Program to be tracked. If it is noted that a student needs extra help, the coaches have a list of help options available that offers information on tutoring, learning centers and management classes.

By doing this tracking program, the students are held more accountable in the classroom for their grade, participation and attendance. The program focuses on the most important reason that the students are at the Community Colleges of Spokane; academics.

The program also includes transfer and study skills workshops. Representatives from various colleges present information for students who are considering transferring to the respected colleges or conference. Instructors and counselors provide information to aid student-athlete's organizational and study skills.

F. 2007-08 DISTRICT ATHLETIC COMMITTEE

CHAIRPERSON:	Ken Burrus
SECRETARY:	Christie Dalsanders
ADMINISTRATION REPRESENTATIVES:	
SFCC	Heather McKenzie
SCC	Peter Williams
IEL	Dan Bly
FACULTY REPRESENTATIVES:	
SFCC	Gary Glaze
SCC	Gretchen Ford
ASSOCIATED STUDENT REPRESENTATIVES:	
SFCC	Osha Morningstar
SCC	Chris Veselitz
STUDENT REPRESENTATIVES:	
SFCC	Ashlee Lupfer Cody Reeves
(Alternates)	Heather Jackson Adam Zakrzewski
SCC	Amy Durrance Jon Clift
(Alternates)	Patty Duncan Brian Copley
IEL	None
AD HOC MEMBERS:	Erik Anderson Nicole Bishop Dan Gilbert Scott Kramer Bobby Lee Jenni Rosselli

G. ATHLETIC ASSOCIATION

NORTHWEST ATHLETIC ASSOCIATION OF COMMUNITY COLLEGES (NWAACC)

The NWAACC is the official governing body for all 15 CCS intercollegiate sports. Its purpose is to govern all branches of athletic competition in which a student represents the association in competition with any other institution; to establish and maintain high standards of scholarship and sportsmanship in member institutions of the association; to promote intercollegiate athletics; to maintain regulations and supervision of athletic competition governed by NWAACC code in such a manner that athletic activities will be part, and not the principal feature, of community college life.

Administration of the NWAACC is vested in the Athletic Commission. The Athletic Commission is made up of two representatives from each member college. Membership is equally distributed--a female and male representative from each college.

The Athletic Commission shall:

- *Establish and review the policies governing athletic participation among member colleges.
- *Adopt all revisions to constitution, bylaws and sport rules.
- *Approve an annual budget.
- *Establish fees and dues.
- *Adopt any resolutions necessary to carry out purposes of the association.

Athletic Commissioners are responsible for enforcing athletic codes, policies and procedures of the association within member institutions and consulting with administrators and coaches to clarify code, policies and procedures of the association. Ken Burrus and Christie Dalsanders are the CCS Athletic Commissioners.

The Community Colleges of Spokane is active in intercollegiate programs with the following athletic programs:

<p><u>Fall</u> Women's Volleyball Men's Cross Country Women's Cross Country Men's Soccer Women's Soccer Men's Golf Women's Golf</p>	<p><u>Winter</u> Men's Basketball Women's Basketball</p>	<p><u>Spring</u> Men's Track & Field Women's Track & Field Men's Tennis Women's Tennis Men's Golf Women's Golf Men's Baseball Women's Softball</p>
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H. INTERCOLLEGIATE ATHLETIC TEAMS

2007-08 Women's Volleyball

Head Coach: Jenni Rosselli

Assistant Coaches: Angel Fairbanks and Trent York

2007-08 Season Review:

- 11-3 League Record
- 35-16 Overall Record
- 2nd Eastern Region
- Eastern Region First Team: Brandy Sonderland and Miranda Gouin
- Eastern Region Second Team: Lisa Steinbach
- 4th NWAACC Championships
- NWAACC All-Tournament Team: Miranda Gouin

2007-08 Men's Cross Country

Head Coach: Erik Anderson

Assistant Coach: Sean McLachlan

2007-08 Season Review:

- NWAACC Champions
- NWAACC Combined Team Champions (men's and women's team combined)
- NWAACC Champion: Dak Riek
- NWAACC All-Star Team: Dak Riek, Mark Moeller, Tyler Rapp, Charles Cummings, Max Reeder, and Walter Juarez
- All-Americans: Dak Riek, Mark Moeller, Tyler Rapp, Charles Cummings, and Max Reeder
- Erik Anderson voted NWAACC Coach of the Year

2007-08 Women's Cross Country

Head Coach: Erik Anderson

Assistant Coach: Ryan Weidman

2007-08 Season Review:

- NWAACC Champions
- NWAACC Combined Team Champions (men's and women's team combined)
- NWAACC Champion: Brittnee Sanchez
- NWAACC All-Star Team: Brittnee Sanchez, Karen Owens, Amy Durrance, and Katie Owens
- All-Americans: Brittnee Sanchez, Karen Owens, Amy Durrance, and Katie Owens
- Erik Anderson voted NWAACC Co-Coach of the Year

2007-08 Men's Soccer

Head Coach: Kenny Krestian

Assistant Coaches: Matt Reilly and Jim Martinson

2007-08 Season Review:

- 14-3-1 League Record
- 19-5-2 Overall Record
- 1st Eastern Region
- Eastern Region Team: Jay Vela, Ryan Matern, Travis Green, Brady Ostendorf, and Jeff Srock
- Eastern Region MVP: Jay Vela
- Kenny Krestian voted Eastern Region Coach of the Year
- 2nd NWAACC Championships

H. INTERCOLLEGIATE ATHLETIC TEAMS (continued)

2007-08 Women's Soccer

Head Coach: Jim Martinson

Assistant Coaches: Keri Hilton and Kenny Krestian

2007-08 Season Review:

- 11-4-3 League Record
- 11-8-4 Overall Record
- 3rd Eastern Region
- Eastern Region Team: Shaunae Phillipy, Patty Duncan, and Raeanna Cumbie
- NWAACC All-Star Team: Raeanne Cumbie, Chrissii Almquist, and Patty Duncan

2007-08 Men's Basketball

Head Coach: Mike Burns

Assistant Coaches: Clint Hull, Marcus Stennes, Bobby Jack Sumler, and Tim Mitchell

2007-08 Season Review:

- 14-0 League Record
- 30-2 Overall Record
- Eastern Region Champions
- Eastern Region First Team: Matthew Dorr
- Eastern Region Second Team: Jordan Gregg, Eric Beal, Jon Clift, and Bo Gregg
- Mike Burns voted Eastern Region Coach of the Year
- 2nd NWAACC Championships
- Mike Burns voted NWAACC Coach of the Year

2007-08 Women's Basketball

Head Coach: Bruce Johnson

Assistant Coaches: Bernice Tobeck and Adam Washburn

2007-08 Season Review:

- 10-4 League Record
- 22-8 Overall Record
- 3rd Eastern Region
- Eastern Region Second Team: Kelsey Stillar and Ashlee Michelson
- 2nd NWAACC Championships
- NWAACC Most Inspirational: Ashlee Michelson
- NWAACC First Team: Kellee Neal
- NWAACC Second Team: Liz Beardslee

2007-08 Men's Track & Field

Head Coach: Larry Beatty

Assistant Coaches: Erik Anderson, Jason Cash, Katie Compogno, Claude DeFour, Lex Katich, Linda Lanker, Sean McLachlan, and Ryan Weidman

2007-08 Season Review:

- 11-0 in Scoring Meets
- NWAACC Champions
- 24 All-Americans
- 45 All-Conference Selections
- 10 NWAACC Individual Champions
- Larry Beatty voted NWAACC Coach of the Year

H. INTERCOLLEGIATE ATHLETIC TEAMS (continued)

2007-08 Women's Track & Field

Head Coach: Larry Beatty

Assistant Coaches: Erik Anderson, Jason Cash, Katie Compogno, Claude DeFour, Lex Katich, Linda Lanker, Sean McLachlan, and Ryan Weidman

2007-08 Season Review:

- 11-0 in Scoring Meets
- NWAACC Champions
- 29 All-Americans
- 53 All-Conference Selections
- 16 NWAACC Individual Champions
- Larry Beatty voted NWAACC Coach of the Year

2007-08 Men's Tennis

Head Coach: Wally Heidenson

Assistant Coach: John Gant

2007-08 Season Review:

- 6-1 League Record
- NWAACC Champions
- Wally Heidenson voted the NWAACC Coach of the Year

2007-08 Women's Tennis

Head Coach: Wally Heidenson

Assistant Coach: John Gant

2007-08 Season Review:

- 2-8 League Record
- 5th NWAACC Championships

2007-08 Men's Golf

Head Coach: Scott Kramer

Assistant Coaches: Christie Dalsanders and Joe Finley

2007-08 Season Review:

- 9-3 League Record
- Eastern Region Champions
- Eastern Region Team: Jason Azzarito and Jonathan Lumper
- 4th NWAACC Championships
- NWAACC All-Star Team: Jason Azzarito

H. INTERCOLLEGIATE ATHLETIC TEAMS (continued)

2007-08 Women's Golf

Head Coach: Christie Dalsanders

Assistant Coaches: Scott Kramer and Chana Owens

2007-08 Season Review:

- 12-0 League Record
- Eastern Region Champions
- Eastern Region Team: Katie Sorenson and Chelsea Kenner
- 2nd NWAACC Championships
- NWAACC All-Star Team: Katie Sorenson

2007-08 Men's Baseball

Head Coach: Dave Keller

Assistant Coaches: Tony Byrne and Barry Matthews

2007-08 Season Review:

- 9-19 League Record
- 18-23 Overall Record
- Eastern Region First Team: Cody Reeves
- Eastern Region Second Team: Tucker Seitz, Mark Purser, and Cory Kreighbaum

2007-08 Women's Softball

Head Coach: Janet Skaife

Assistant Coaches: Bill Johnson, JuJu Predisik, Vanessa Shelton and Kate Sinnott

2007-08 Season Review:

- 22-6 League Record
- 32-16 Overall Record
- 2nd Eastern Region
- Eastern Region First Team: Ashley Fargher, Heather Jackson, Kristine Newell, and Heather Coulter
- Eastern Region Second Team: Rachel Eisenmann and Jessica Utt
- Janet Skaife voted Eastern Region Coach of the Year

I. 2007-08 HIGHLIGHTS AND SPECIAL EVENTS

CCS BIGFOOT GOLF CLASSIC

The 2008 Bigfoot Golf Classic sponsored by the district office, the CCS Foundation, and CCS Athletics was another enormous success, raising more than \$33,000 for scholarships, athletics and community involvement activities.

This community event brings together businesses and individuals that donate their time and financial support to assist students and the community college system. This involvement helps CCS meet the pressing needs of our students and allows the district to meet important community commitments.

We are building a brighter future for students attending Community Colleges of Spokane and for our community.

Please mark your calendar for next year's 6th Annual CCS Bigfoot Golf Classic on June 19, 2009!

SASQUATCH FIVE-A-SIDE SOCCER TOURNAMENT

REPORT ON THE 2008 SASQUATCH FIVE-A-SIDE SOCCER TOURNAMENT PRESENTED BY CCS

The tournament took place in Spokane, WA during the weekends of March 8-9 and March 15-16, 2008. A total of 121 teams entered, which was considerably less than 2007. We estimate that we played 244 matches. The first weekend Adults, Boys and Girls under 8 to under 12 competed. The second weekend was reserved for Boys and Girls under 13 to under 19.

Congratulations to all of the championship teams that competed in the 2008 Sasquatch Five-a-Side Soccer Tournament.

<u>Boys Champion</u>	<u>Boys Runner-Up</u>	<u>Age Group</u>	<u>Girls Champion</u>	<u>Girls Runner-Up</u>
Cobras Academy	Mexico	U-8/9	Red Foxes	Black Foxes
		U-10	P.T.P	Lightning
Bulldogs	Lions FC	U-10/11		
		U-11	The Seven Dwarfs	Mead United
Breakers Red	Breakers White	U-12	RC Lightning	Team Navy
Eight Great Sabers	Breakers White	U-13 Gold	Sandpoint Martin	Lightning
Flathead Flyers	Flathead Fielders	U-13 Silver		
Bamboozles	Post Falls Thunder	U-14	Blue Thunder Express	Sandpoint White
RC Steelers-Black	RC Steelers-White	U-15		
		U-15/16	Falcons Rudd-White	Sabers FC
Sandpoint White	Sandpoint Red	U-16/17		
		Women's Open	R.C.	S.F.U.
Team Thompson	Montana Rapids	Men's Open		
Shooter & Hooters	Mexico	Coed Open	Shooter & Hooters	Mexico
Mellow Yellow	The "B" Team	Coed Over 30	Mellow Yellow	The "B" Team

The 2009 Sasquatch Five-A-Side tournament will be held March 14-15 and March 21-22, 2009.

I. 2007-08 HIGHLIGHTS AND SPECIAL EVENTS

(continued)

BIGFOOT BOOSTER CLUB

The Bigfoot Booster Club was organized in 1986. The goal and purpose of the club is to develop support, improve communication and public awareness, while raising funds to supplement the CCS athletic department budget. Each year the various teams within the athletic department have reasonable and customary needs that exceed their respective budgets. The financial support of booster club members helps fill these individual team budget shortfalls. Bigfoot Booster Club funds help to insure the success of intercollegiate sports at CCS. Booster Club funds may also be spent on a variety of different athletic projects including, but not limited to: the wellness program, recreation, fitness center, weight room and intramurals. Most importantly Booster Club funds help to insure the support and success of our student-athletes and athletic programs.

In 1992, the Bigfoot Booster Club introduced an advisory committee consisting of a community citizen group and selected CCS athletic staff members to oversee the fiscal projects and activity involvement of the club. The advisory committee meets at least once a year to plan activities and to authorize expenditures in excess of \$5,000 dollars. Advisory club members include: John Blake, Karen Green, Jon Heimbigner, Dr. Mark Kondo, Ron Kelling, Pam Parks, Kent Ross, Maury Ray, Bobby Lee, Dan Gilbert, Ken Burrus and Christie Dalsanders.

Membership in the Bigfoot Booster Club runs from July 1 through June 31 each year. There are three levels of participation, the bronze club for \$75, the silver club for \$150 and the gold club for \$250 or more. (Boosters can choose to donate more than \$250). Boosters can choose to have their money directed to the sport of their choice or to the general fund. Boosters can attend all paid CCS home sporting events throughout the year. Boosters can also bring their entire family to CCS home sporting events free of charge. Donations to the Bigfoot Booster Club are tax deductible with the exception of \$10 (please consult your tax accountant). See the Bigfoot Booster Club brochure for the benefits at each level.

The Bigfoot Booster Club is a vital component to the success of intercollegiate sports at CCS. It provides significant support to promote the success of CCS student-athletes.

I. 2007-08 HIGHLIGHTS AND SPECIAL EVENTS

(continued)

2007-08 CCS BIGFOOT BOOSTER CLUB MEMBERS

BRONZE BOOSTER CLUB MEMBERS

Johnny Aker	Colleen and Linn Fyhrie	Jim and Terri Martinson	Roger and Carol Sonderland
Teresa Allen	Allen and Bonnie Green	Cheryl Matern	LeDonna Stacey
Allan Anderson	Gordon Gregg	Steve Michelson	Dave Steinbach
Erik Anderson	Julie Hatcher	Greg Nay	Marcus Stennes
Mike and Sue Beal	Wally Heidenson	Andy Nicoll Sr.	Rick and Cheryl Stillar
Larry Beatty	Daniel and Carolyn Hood	Ostendorf	Jack and Sunni Strand
Darlene Brooks	Clint Hull	Jeff Overholser	Mitch Swenson
Mark and Deborah Bullock	Tammy Dix Jensen	Party Palace	Bernice Tobeck
Bryan Carr	Craig and Carol Johnson	Mark and Monica Phillipy	Don Turpin
Marsha and Tom Clif	Patricia Johnson-Ebel	Marina Pounder	Tena Vela
Rocky and Jeannie Cumbie	Dave and Doreen Keller	Kyl Quayle	Jose Vigil
Gaiana Daily	Ron Kelling	Jenni Rosselli	Rod and Margi Vogel & Justin
Christie Dalsanders	Dr. Mark Kondo	Missy Schaaf-Kitchens	Travis Warner
Ron and Debbi Davis	Myron and Marlene Kramer	Mr. and Mrs. A Scherkenbach	Charles J. Warren
Steve and E Kay DeLong	Scott and Dani Kramer	Rena Schimidt	Ann Windham
Chad Dezellem	Kenny and Camille Krestian	Eleaya Schuerch	Nancy Zacher
John and Julie Dorr	Michael N. Macaulay	Janet Skaife	
Dennis and Kim Dunbar	Bernard and Theresa Mallory	Todd and Kristin Smith & Family	

SILVER BOOSTER CLUB MEMBERS

Teri Bachman	Jan Janke	Erika Person	Paul and Donna Tikker
Tamara-Bamadi	Bruce Johnson	Frank E. Petek	Jennifer Washburn
Barry and Nyla Beardslee	Bobby and Lisa Lee	Leslie Rahn	Kierin Welch
Terrance Brown	Mark and Mary Lenz	Todd Ray	
JoEllen Clough	Mike R. Mahoney	Ken and Darcy Staudinger	
Ray Dial	Carson Parr	Diane Thompson	

GOLD BOOSTER CLUB MEMBERS

Jay Affleck	Ken Burrus	Scott Morgan
Jeffrey Burns	John and Tracy Graham	Maury Ray
Kenneth Burns	Rick and Kathy Harrison	Steve and Sherry Rosselli

J. SPECIAL AWARDS

NWAACC ATHLETIC ACHIEVEMENT AWARD--ART FEIRO AWARD

The Art Feiro Award is given yearly to the top male and female scholar athletes in the NWAACC. The award is named after the former athletic director at Peninsula Community College who was the Executive Secretary of the NWAACC between 1967 and 1975.

The NWAACC annually selects the athletes of the year from the 36 community colleges it represents in Washington, Oregon, Idaho and British Columbia. The award is based on the following criteria:

1. A second-year athletic participant at a NWAACC member college
2. Has earned 40+ credits with a cumulative GPA of 3.25 or better
3. Is involved in campus or community activities
4. Recommendation from coach or athletic director

CCS students have received this award six times:

Jan Aubrey (Women's Track and Cross Country) 1985-86

Kaylene (Krug) Hanson (Women's Basketball) 1984-85

Josh Parker (Men's Basketball) 2003-04

Dan Shannon (Men's Track) 1983-84

Susan Volke (Women's Track and Cross Country) 1986-87

Charlie Zimmerman (Men's Baseball) 1995-96

NWAACC ACADEMIC LEADERSHIP AWARD

The NWAACC All-Academic Leadership Award recognizes student-athletes for outstanding academic achievement. The student-athlete must be a sophomore in good standing who meets a 3.5 cumulative GPA with a minimum of 40 credits earned for fall sports and 60 credits for winter and spring sports. Those named from Spokane are as follows:

Fall 2007-08: Taylor Fyhrie (Men's Soccer) 3.53, Larsen Agee (Women's Cross Country) 3.62, Raeanne Cumbie (Women's Soccer) 3.67, Ashlee Lupfer (Volleyball) 3.72, Matt Bunch (Men's Soccer) 3.72, BrynAnne Smith (Volleyball) 3.73, Brandy Sonderland (Volleyball) 3.86

Winter 2007-08: Kellee Neal (Women's Basketball) 3.56, Jon Clift (Men's Basketball) 3.63, Ashlee Michelson (Women's Basketball) 3.75

Spring 2007-08: Michael Shelton (Men's Tennis) 3.50, Jason Azzarito (Men's Golf) 3.51, Chelsie Hardwick (Women's Tennis) 3.55, Krista Osterwyk (Softball) 3.59, Stephanie Hill (Women's Track & Field) 3.65, Sarah Brown (Women's Track & Field) 3.72

J. SPECIAL AWARDS (continued)

NWAACC ALL-ACADEMIC SPORTS TEAM AWARD

The NWAACC All-Academics Sports Team Award recognizes outstanding academic achievement of student-athletes in a timely manner for a sport in season. The student-athlete must be a sophomore in good standing, 3.25 cumulative GPA, a minimum of 36 credits earned and recommended by the college. Those named from Spokane for 2007-08 are as follows:

Baseball: Brian Yardley 3.40

Men's Basketball: Jon Clift 3.63

Women's Basketball: Kellee Neal 3.56, Ashlee Michelson 3.75

Women's Cross Country: Larsen Agee 3.62

Men's Golf: Jason Azzarito 3.51

Men's Soccer: Taylor Fyhrie 3.53, Matt Bunch 3.72

Women's Soccer: Raeanne Cumbie 3.67

Softball: Krista Osterwyk 3.59

Men's Tennis: Michael Shelton 3.50

Women's Tennis: Chelsie Hardwick 3.55, Stephanie Hill 3.65

Women's Track & Field: Sarah Brown 3.72

Volleyball: Ashlee Lupfer 3.72, BrynAnne Smith 3.73, Brandy Sonderland 3.86

COMMUNITY COLLEGES OF SPOKANE'S SCHOLAR-ATHLETE OF THE MONTH

The Scholar-Athlete of the Month is an honor recognizing outstanding athletes. The athletes are nominated by the coaches and staff of the Community Colleges of Spokane. The award includes bulletin board displays at both campuses and a press release to the Spokesman Review. The following athletes were recognized during the 2007-08 school year:

2007-08 School Year		
September	Stephanie Hopkins	Soccer
	Dak Riek	Cross Country
October	Katie Sorenson	Golf
	Brian Copley	Golf
November	Roxanne Cumbie	Soccer
	Chris Windham	Soccer
December	Brandy Sonderland	Volleyball
	Jon Clift	Basketball
January	Ashlee Michelson	Basketball
	Kyle Turpin	Basketball
February	Kellee Neal	Basketball
	Matt Dorr	Basketball
March	Chanel James	Track & Field
	Cody Reeves	Baseball
April	Lynnea Braun	Track & Field
	Michael Shelton	Tennis
May	Heather Coulter	Softball
	Jason Azzarito	Golf

J. SPECIAL AWARDS (continued)

NWAACC ROLL OF HONOR, HALL OF FAME AND GOLD CARD HOLDERS

These individuals have enhanced the quality of athletic competition in Northwest community colleges. This is the NWAACC's show of appreciation and recognition of these individuals for their years of dedication and service. Each honoree received an NWAACC Gold Card lifetime membership.

NWAACC ROLL OF HONOR

Roll of Honor Members from Spokane include:

Jack Bafus
Scott Foxley
Max Jensen
Dr. Walter Johnson
Michael Keller
Dale Kennedy
Jefferson Overholser
Dr. Max Snyder
Lloyd Stannard
Mary Jo Tracy-Lambert

NWAACC HALL OF FAME

Hall of Fame Members from Spokane include:

Terry Brown
John Buck
Hank Coplen
Bob Everson
Rick Harrison
Duane Hartman
Bill Johnson
Dusty Lane
Irene Matlock
Jo McDonald
Priscilla "Dee" Miller-McMillan
Dwight Pool
Dr. Maury Ray
Kevin Sattler
Heidi Simmons
Jerry Skaife
Cor van der Meer

Individual bios are available upon request

J. SPECIAL AWARDS (continued)

NWAACC TEAM HALL OF FAME

1973-74 Spokane Men's Tennis Team

Members include: Tom Bingaman, Wally Heidenson, Kim Jackson, Bill Wagstaff, Dan Yount and Coach Mike Macaulay

1982-83 & 1983-84 Spokane's Women's Basketball Team

1982-83 Members include: Theresa Benning, Raylene Gennet, Robin Jordan, Julie Kagele, Ginny Knox, Stacy Magney, Sheri McNeal, Karen Riba, Peaches Schrimshar, Sally Stern, Rose Tinkle, Beth Willard and Janet Wolkey

1983-84 Members include: Pam Albert, Cathy Brauff, Theresa Cole, Dawn Doyle, Angie Garza, Heidi Halstead, Annette Helling, Karen Jasper, Sheree Johnson, Robin Jordan, Kaylene Krug, Tammy Lesser, Maryann McCord, Jodi Nevard, Mary Reuter, Kirsten Riegel, Rachelle Swanson, Sally Stern, Janet Wolkey and Chris Zimmerman

1988-89 Spokane Volleyball Team

Member include: Joanne Beaushaw, Audra Bishop, Lori Ehmer, Molly Fitzgerald, Suzie Heggnes, Shannon Horn, Karen Gilmore, Cindy Imhoff, Tiffany Jenson, Megan Thompson, Tina Torgeson, Assistant Coach Kelly Fitzgerald and Head Coach Irene Matlock

1989 Spokane Men's Baseball Team

Members include: Tom Altenberger, Johnney Burke, Tod Byers, Mike Call, Bill Cook, Dave Densley, Dennis Doidge, Darren Goehner, Jim Johnson, Erik Jonson, Dave Keller, Joe Leibrecht, John Mays, Blaine McNeil, Stacy Ruegsegger, Ken Russell, Jon Schuh, John Sheley, Mike Steuben, Ty Sutherland, Rod Taylor and Todd Turner

NWAACC NORTHWEST CHAMPIONS AWARD

Recognizes former NWAACC athletes who have distinguished themselves after leaving NWAACC member colleges. NWAACC Northwest Champions from CCS:

Steve Brown (Baseball) 1974-75, 1975-76

Robin Jordan-Denning (Volleyball & Basketball) 1982-83, 1983-84

Tom McConnaughey (Football) 1976-77, 1977-78

Dan O'Brien (Track & Field) 1987-88

Spike Walker (Track & Field) 1969-70, 1970-71

DUTCH TRIEBWASSER AWARD

In 1990, the NWAACC presented the initial Dutch Triebwasser Award recognizing the conference's outstanding athletic administrator. The award is named in honor of the former Mt. Hood Athletic Director who passed away in 1989. Dr. Maury Ray won this award in 1994.

K. FUTURE BUILDING PROPOSALS

SFCC SOCCER FIELD/STADIUM RENOVATION PROJECT

The stadium at SFCC is in desperate need of renovation so that it will not be declared condemned. The soccer field needs to have the offset football crown removed and FieldTurf installed. This project has been proposed as a Matching Fund Capitol Project in partnership with the Spokane Regional Sports Commission.

SFCC GYMNASIUM REMODEL

The SFCC gymnasium is not ADA compliant and lacks adequate space. A remodel of the original (1965) building is needed.

SFCC PHASE III – GYMNASIUM EXPANSION OF PHASE II

This would expand the recreational gym to the west in order to double the size of the new gym. This project would include an indoor running track and because of its size, give us the opportunity to offer different intramurals and recreational activities in a field house setting.

SCC RENOVATED SCIENCE BUILDING

Our department would occupy a portion of the vacated area and use renovated office, classrooms, and storage space to centrally locate members of our department displaced by the proposed removal of Buildings 4, PE Annex and 410, Portable. This move would open additional space for development that presently consists of portable classrooms, storage and office space.

L. PHYSICAL EDUCATION

SFCC and SCC Health, Physical Education and Recreation Departments offer two main avenues for student involvement in a variety of physical education and health-related courses. One option involves the traditional credit curriculum generally aimed at transferability to accredited colleges and universities. This pursuit generally attracts students who plan to secure either a major or minor in the physical education area and wish to take some of their undergraduate, pre-professional courses. Also, included in our credit clientele is a large number of students taking physical education courses as part of their general A.A. degree program. Many of these students will then transfer to four-year institutions with junior status.

The second major area our department's curriculum is the non-credit continuing education student. This serves a large number of people who are interested in community service and recreation-oriented courses. Participants desire to receive instruction, formal practice and expertise in areas that are vocational. We have a wide gamut of course offerings for virtually all ages of students.

Within these two major instructional areas (credit and non-credit) the Health, Physical Education, and Recreation Departments continue to serve a growing clientele of students. During the 2007-08 school year SCC had a combined enrollment of 8,372 (credit—6,779, non-credit—1,593). SFCC had a combined enrollment of 8,362 (credit—6,800, non-credit—1,562). In addition, CCS served 466 students from Mukogawa/Fort Wright. Total students served by both campuses in credit and non-credit Health, Physical Education and Recreation classes was 17,200 in 2007-08. In addition, both campuses have a large and growing number of students enrolled in the distance learning courses. We offer Physical Education and Health in Telecourse, WAOL and online modes of instruction. We are hopeful and confident that we will continue to have the resources and support to deliver a variety of physical education courses to our student population.

SUMMER RECREATIONAL PROGRAMS

Our athletic camps are specifically designed for area high school athletes. These include girls volleyball, boys and girls basketball, tennis, track and field, softball and soccer. These offer competitive leagues and individual competition for hundreds of our local student-athletes.

Once more this summer, we enjoyed a very successful and popular non-credit Physical Education program which caters to students of all ages and skill levels. One of our most in-demand programs is our summer swimming curriculum. The "kids" classes include the 3-5 year old Teeny-Tiny swimmers, as well as the "beginners" and "advanced beginners" lessons. We also had great enrollment in our adult Physical Education activities. Some of the more popular courses were Kickboxing, Weight Training for Women, Pilates, and Yoga.

We are fortunate to have all the outdoor athletic fields, the track complex, as well as the indoor gymnasium and swimming pool facilities. Without these facilities we would not be able to attract such a diverse group of participants to our campuses. Our summer programs are truly an ongoing "dawn" to "after dusk" educational experience.

L. PHYSICAL EDUCATION (continued)

SCC SWIMMING POOL

The SCC swimming pool serves a varied group of both college and community participants. This past year has seen people participate in swimming classes, spring-board diving, recreational swims, aquatic fitness, lifeguard training and swim instructor training. The pool has also been used by most of the CCS athletic teams for training. The swimming pool is also utilized by the Special Olympics for a regional swim meet, training by the Spokane County Sheriff's Department, SCC law enforcement program and a variety of sports camps. SCC's Hotel Management program has students come over for a tour and lecture on swimming pool maintenance.

Our programs begin at 6:00 a.m., Monday-Friday and run until 8:00 p.m. Monday-Thursday and 3:00 p.m. on Fridays. The swimming pool is fully utilized by CCS students, faculty and community-use members.

HEALTH FITNESS TECHNICIAN PROGRAM

In September of 1986, SFCC started the Health Fitness Technician (HFT) program. This is a two-year academic degree program designed to train personnel for work in one of America's rapidly growing service sectors--the exercise and fitness industry.

Students spend much of their time in health and science labs where required subjects include human anatomy, physiological kinesiology, exercise physiology, the cardiovascular system, personal training, care and prevention of athletic injuries and nutrition. Students can select from three options--a two-year associate in applied science degree (for immediate employment at entry and mid-management levels); or choose to use an articulation agreement with Eastern Washington University and transfer directly into the exercise science program; in addition, students who obtain an A.A. degree can transfer to WSU Spokane into the exercise physiology and metabolism program.

HFT students have the opportunity to become certified fitness trainers through the National Strength and Conditioning Association. SFCC is also a testing site for the American Council on Exercise certification exams. Other courses include Stress Management, Principles of Strength Training, First Aid, Health Appraisal, Exercise Prescription and Exercise and Aging. Second year students are either placed in health club, or work as personal training interns in the SFCC weight room and fitness center under the colleges' cooperative education program to get actual job experience. The HFT program continues to grow as the fitness industry continues to expand in the Spokane area and facilities look for qualified employees. Classes fill up quickly, so students are encouraged to register early each quarter.

M. DISTRICT WELLNESS PROGRAM

The CCS Physical Education, Athletics and Recreation Department conducts a Wellness Program geared to meet the needs of CCS students, faculty and staff. The Wellness Program focuses on educating, motivating and directing participants toward a positive, fitness-oriented, healthful lifestyle. Information is available by appointment for body composition measurement, blood pressure, flexibility, and nutrition analysis; there is not a fee for this service. Program goals are to reduce the risk of disease and injury and enhance the quality of life for all.

A variety of activities are offered and geared to meet individual needs. Activities offered include both organized classes (credit and non-credit) and open facility usage. Classes on both campuses include Basketball, Basic Fitness, Aerobic Fitness, Weight Training, Jogging, Cross-Training, Fast Fitness, Fit for Life, and Yoga. Lecture classes are also offered for Stress Management, Health and Wellness and First Aid. Students who wish to add credit classes can do so at the time when they are registering for their other credit classes.

The Wellness Challenge incentive program is offered each quarter free of charge and is designed to encourage student, faculty and staff participation in health, fitness and wellness-related activities. Individuals that are interested in the Wellness Challenges can check with either Michele Heuer at SCC at 533-7212 or Sheri Staudinger at SFCC at 533-3816.

The **SCC/District** Wellness program offers Swimming, Spring-Board Diving, Aquatic Fitness, and Pilates classes throughout the year. SCC facilities include locker/shower rooms, weight room, fitness center, swimming pool, indoor/outdoor running tracks, gymnasiums, tennis courts, and athletic fields. Appointments for fitness/wellness consultations which are free may be scheduled through Michele Heuer by calling her at 533-7212 or e-mail at mheuer@scc.spokane.edu. Individuals interested in credit classes can register through the registration office at 533-8860 or on line at www.scc.spokane.edu. Individuals interested in non-credit classes can call the registration office at 533-8010 or online.

The **SFCC/IEL** Wellness Program offers free personal training. Appointments for fitness/wellness consultations which are free may be scheduled through Sheri Staudinger at SFCC at 533-3816 for individuals at SFCC and the IEL. The SFCC/IEL Wellness program also conducts an annual Wellness Fair every spring. SFCC Wellness facilities include locker/shower rooms, weight room, fitness center, outdoor running track, gymnasiums, fitness trails, tennis courts, and athletic fields. Individuals interested in credit classes at SFCC can call registration at 533-3305, for non-credit classes individuals can call 533-3522 or on line at www.spokanefalls.edu.

A Matching Time program is available for CCS full-time classified staff. This allows use of one half hour of company time to be matched with one half hour of your own time in order to take a class or use the Fitness Center/Weight Room. The matching time program is available either before work, during the lunch hour (but not to be used in place of your lunch break), or after work. Michele Heuer, the SCC/District Office Wellness Coordinator, and Sheri Staudinger, the SFCC/IEL Wellness Coordinator, enroll participants and track attendance.

N. INTRAMURALS

As part of the offerings from the Community Colleges of Spokane to the student community as a whole, the Athletic Department offers a wide variety of opportunities for participation in competition. One of our goals is to offer intramural activities for CCS students. Thanks to the input and support of students, staff and faculty, the intramural program continues to offer a variety of activities.

SFCC INTRAMURAL PROGRAM

SFCC KLAUS SCHERLER TURKEY TROT

The Turkey Trot is an activity that has had continuous success. The Turkey Trot has been renamed in memory of Klaus Scherler, former SFCC Communications Department Chair/Faculty Member, who passed away November 1, 2004, following a courageous battle with cancer. He was very active, loved the outdoors, always participated in this event and won several turkeys in his category.

SFCC INTRAMURAL PARTICIPANTS

Fall Quarter	Winter Quarter	Spring Quarter
35 – Volleyball (Coed)	27 – Volleyball (Coed)	85 – Basketball
70 – Basketball (Coed)	98 – Basketball	90 – Open Basketball
63 – Turkey Trot	105 – Open Basketball	72 – Open Gym
97 – Open Basketball	25 – Open Volleyball	25 – Volleyball
75 – Open Gym	70 – Open Gym	
42 – Flag Football	20 – 3-pt Contest	
	7 – Slam-Dunk	

There were 1,006 total participants in the 2007-08 SFCC Intramural Program.

SCC INTRAMURAL PROGRAM

TURKEY TROT

The list of turkey winners for 2007 include:

College Student (male)	Blake Vaughn
College Student (female)	Larsen Agee
College Student (female)	Amy Durrance
Staff (male)	Clint Hull
Staff (female)	Michele Heuer
Faculty (male)	Erik Anderson
Faculty (female)	Jaye Hopkins
Nearest Predicted Time	Vanessa Peoples

SCC INTRAMURAL PARTICIPANTS

Fall Quarter	Winter Quarter	Spring Quarter
22 – Open Gym (Basketball/Volleyball)	21 – Open Gym (Basketball/Volleyball)	21 – Open Gym (Basketball/Volleyball)
16 – Turkey Trot		16 – Fun Run
		25 – Pool Tournament

There were 121 total participants in the 2007-08 SCC Intramural Program.

O. EQUITY IN ATHLETICS

Title IX is a Federal law that prohibits discrimination on the basis of sex in education programs and activities. Title IX ensures equal opportunity for female participants in all intercollegiate athletic programs. The Office of Civil Rights (OCR) enforces Title IX and ensures compliance. The OCR has responded to specific guidelines to guide enforcement by establishing a three-part test. Institutions need to comply only with any one part of the test in order to meet the intent of Title IX. The three-part test is:

1. Whether intercollegiate level participation opportunities for male and female students are provided in numbers substantially proportionate to their respective enrollments; or
2. Where the members of one sex have been and are underrepresented among intercollegiate athletes, whether the institution can show a history and continuing practice of program expansion which is demonstrably responsive to the developing interests and abilities of that sex; or
3. Where the members of one sex are underrepresented among intercollegiate athletes, and the institution cannot show a continuing practice of program expansion such as that cited above, whether it can be demonstrated the interests and abilities of the members of that sex have been fully and effectively accommodated by the present program.

Throughout its history, CCS has been meeting the intent of part I as the percentage of female participants has been substantially proportionate to the percentage of female students at the colleges. CCS has about 50% female athletes participating, while being about 56% female at the college. In addition, CCS has documented that the opportunity is present for more females to participate. CCS offers more female sports (53% female – 47% male) than male and more female scholarships (54% female – 46% male) than male. Based on these statistics, our colleges have met the goal of Title IX and have been a leader in providing female athletic opportunity in the Northwest.

A continuing trend is toward a leveling off of the number of female students turning out for their eight sports while male numbers continue to rise for their seven sports. Fewer females elect to “walk-on” or tryout for collegiate sports after being in high school sports than their male counterparts. Often times, roster spots will remain open for women’s sports while men’s teams will have more athletes turn out than they can carry. This trend is common throughout the U.S. and the Northwest. However in 2007, the NWAACC and District approved new scholarship rules that allow us to provide all athletes with increased financial incentives. We anticipate that the new scholarship incentives will increase the participation numbers among athletes.

CCS has worked at meeting federal criteria for compliance with Title IX throughout its history. CCS has consistently added women’s sports programs to the college offerings and has been a leader in the Northwest for starting women’s athletic programs. Women’s softball, golf and soccer were the latest additions and CCS was the first to start these programs in the state of Washington. CCS has also consistently met the interests and abilities of its female students with these sport offerings. Every female sport that the NWAACC offers is offered at CCS.

O. EQUITY IN ATHLETICS (continued)

Equity in Athletic Disclosure Act requires all co-educational institutions of higher education that participate in any federal student financial aid program (Federal Pell, Federal SEOF, and Federal SSIG grants; Federal work study; and Federal Family Education, Federal Perkins and William D. Ford Federal Direct Loans) and who have intercollegiate athletic programs to provide information concerning their intercollegiate athletic programs under the Equity in Athletics Disclosure Act of 1994. This information based on the previous reporting year must be available for inspection by students, prospective students and the general public by October 15th of each year. The seventh publication of this information was accomplished this year.

GENDER EQUITY STRONG POINTS – CCS

1. Higher number of female sports (8) than male (7).
2. Higher number of female scholarships (55) than male (47).
3. First NWAACC college to start women's softball, golf and soccer.

AREAS FOR CCS TO IMPROVE TOWARD GENDER EQUITY

1. Increase the numbers of female athletes turning out for CCS sports. Increase emphasis on scholarships, recruiting, walk-ons and increase squad size.
2. Increase number of female assistants and head coaches for female sports. Increase emphasis on funding and hiring quality female coaches. Use retirements of present staff to help increase female staff numbers.
3. Increase number of female members in athletic areas – staff, faculty and administration as vacancies make change available.
4. Increase the number of athletic scholarships by sport and the scholarship amount in the future. Special gender equity funds were made available by State Legislation for the four-year colleges but not yet for the community colleges.

P. ATHLETIC PROGRAMS FISCAL INFORMATION

CCS 2007-08 STATE OPERATING BUDGET

The CCS athletic program attracted over 300 students who indicated they would not have attended without the athletic program. The 300 full-time equivalent students enrolled in athletics contributed 2.26% to overall CCS enrollment in 2007-08. Without these students, CCS may not have made their enrollment target and may have been subjected to budget cuts. These 300 FTE's were in vocational and liberal arts areas, indicating that 11 full-time faculty from outside the Physical Education area were supported by having an athletic program. The athletic program spent about \$350,000 of state operating dollars and contributed a significant number of FTE to the District.

1. DEPARTMENT - GENERATED FUNDS

Since the "no growth" state and S & A budgets became a reality and with the inflation problems in purchasing goods, services and travel, the need for self-generated income became more and more pressing. Fundraising through facility usage fees, concessions, phone-a-thons, work projects, tournaments, auction dinner, etc., were approved through the DAC and conducted according to state regulations and are subject to audit and approval by the district business office on an annual basis. All cash transactions and inventory procedures meet standards established by the District Business office. The NWAACC's rules mandate that all hosting and recruiting costs must come from self-generated funds, not S & A or state funds. Carryover funds after expenses from fundraising are utilized for travel and recruiting costs.

2. FINANCIAL IMPACT OF CCS - HOSTED ATHLETIC EVENTS

The CCS Athletic Department hosted many events for 2007-08 including close to 150 different athletic activities and events, with nearly 20,000 participants performing before almost 75,000 spectators. A Chamber of Commerce formula indicates how much each participant and spectator contributes, on an average, to the local community. This would indicate events hosted by the District Athletic Department helped generate over \$4,500,000 into the local economy. In addition to the fiscal impact realized by the local community through hosting these events, these activities continue to provide positive public relations for CCS, while providing opportunity for many people throughout the community to share in the use of the campus and its facilities.

3. CCS ATHLETIC WORK GRANTS - BACKGROUND INFORMATION

Athletic work grants in District 17 were implemented as an allocated portion of the non-eligible work-study funds. The Financial Aid office of each campus has always maintained control over these funds as a part of the total CCS work-study program. Following is the philosophy of allocating money for non-eligible work grants for athletes:

1. Work delegated by departments in a variety of areas was necessary for the district to function and could be accomplished by student work-study.
2. Eligible work-study could not always be found with necessary skills to successfully complete the work.

P. ATHLETIC PROGRAMS FISCAL INFORMATION (continued)

3. CCS ATHLETIC WORK GRANTS - BACKGROUND INFORMATION (continued)

3. Non-eligible work-study could therefore be utilized if they had the necessary skills and were willing to work.

As the need for non-eligible work-study became apparent and as student-athletes could fulfill several of these needs, the two were dovetailed together to give the student-athlete an opportunity to do some of the non-eligible work needed in the District. By allocating these non-eligible work-study student-athletes, coaches can have athletes sign letters of intent including a potential job when they make a commitment to attend CCS.

This is very important in the recruiting process as these commitments must be made in the spring and summer when potential athletes decide where to attend college. This process helps CCS to attract the top student-athletes to Spokane.

The student-athlete is not able to work at an off-campus, part-time job as easily as a non-athlete because of practice and competitive commitments. The student-athlete is contributing to the general welfare of the institution by participating on a District team. They must meet a variety of educational and personal requirements not required of all students (eligibility, team rules, etc.). The athlete follows the same procedure as any other student in being assigned non-eligible work-study. They fill out a questionnaire on job skills, are matched with a job request from a department supervisor, and are given opportunity to work in that area. Data indicates CCS athletes work in a variety of jobs throughout all departments of the school. Data on the students' major fields of study indicates they are interested in a variety of different departments including, but not limited to, physical education and coaching. Non-eligible work-study funds allocated for student-athletes have been reduced throughout the years. Total district allocation was \$120,000 from 1977-78 through 1979-80. Since that time it was steadily reduced to \$65,000 in 1990-91 where it remained for the past 19 years.

4. ATHLETIC S & A FEE BACKGROUND

The maximum S & A fee any community college district can charge is set by state legislature as a percentage of the tuition cost. Prior to 1978, athletic allocation of the total S & A (\$14.50) was 55-60%. After consolidation in 1978, the athletic portion of the total S & A fee was reduced to 47%. In 1981 the S & A fee was raised from \$17.00 to \$21.50 and athletic allocation was reduced to 42% (\$9.00) where it remained through 1984-85.

For 1984-85 the state limit was \$24.00 per quarter, and our District was under the maximum with a charge of \$21.50. Tuition went up for 1985-86 and the S & A fee state maximum went to \$28.50. CCS Board of Trustees set \$26.00 as the base for 1985-86, putting District 17 under the limit by \$2.50.

In 1985-86 CCS Board of Trustees voted to increase the S & A fee from \$26.00 to \$28.50 for 1986-87. Each campus received \$1.35 of this increase; \$.05 was allocated to the student loan fund and \$.15 to a short-term student loan fund. Athletic team budgets received \$.50, and a new reserve for catastrophic athletic insurance received \$.45. The athletic portion was set at \$10.50, which was divided into an athletic financial aid fund of \$2.00 and a team budget fund of \$8.50. The 1985-86 total S & A allocation reduced the athletic portion of the total to 38% from its previous 42%.

P. ATHLETIC PROGRAMS FISCAL INFORMATION (continued)

4. ATHLETIC S & A FEE BACKGROUND (continued)

For 1987-88 the S & A fees were increased \$2.00 to a total of \$30.50. The entire \$2.00 increase was therefore placed into the two campus building funds to help their needs. The vote for no increase for athletics was made by the District S & A Fee Committee (DSAFC), who met for the first time in its history and decided to put all the increase into the campus activities. In 1988-89 the S & A fee was increased \$2.00 to \$33.50 and the DAC was allocated \$.55, which was mainly used for an increase in the student wellness and intramural budgets. This reduced the athletic percentage of the total S & A fee to 35%; 3% went for student loans, leaving 62% to the two campuses for their various student activities and building funds.

Football was dropped from the CCS athletic program in 1989-90 and the S & A funds previously used for that program were partially reallocated into other team budgets, including the growing sport of women's soccer. The largest reallocation was into the student wellness and intramural programs which had the greatest need for additional funds. Although the student S & A fee was raised \$2.00 to \$35.50 per quarter, the DAC recommended no increase for athletics, intramurals, and wellness from the new monies. The \$2.00 increase was completely allocated to the two campuses and the athletic percentage of the S & A fee was reduced to 33.1%.

The 1990-91 S & A fee was raised to \$38.50 and the athletic, intramural, and wellness area received 33% of the total. Since 1991-92, the DAC has continued to be funded at 33% of the total S & A fee with the remainder going to the colleges and the IEL. Currently, discussion is starting on the 2009-10 S & A fee. Early budget requests indicate a need for new money in team travel, officials cost increases, team uniforms, and championship tournament travel.

Final recommendation on the level of the S & A fee is brought to the Board of Trustees by the District S & A Committee in the spring for the following school year.