

What it means to be a coach

By
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“Hi coach!”

Very few people will have the opportunity in their life to hear those two words.

To someone who has coached a sport, those two words are very powerful and special. To be a coach is so much more than just teaching the game.

First and foremost, knowledge of the game is key. How can anyone coach if they don’t know what they are talking about? Next, any good and dedicated coach will spend countless hours researching new and improved ways of teaching the techniques of the game. From there, a game plan must be formed. What will practice consist of? How long should practice be? Will I have enough coach and or parent help (for younger age groups) to do work stations? How long should each station be?

After practices are thought out

and established, a coaches meeting is needed. This meeting will be the ice breaker to the beginning of a great season. It’s a chance for the assistant coach or coaches to get to know one another and get an idea of the head coach’s game plan. Practice days and times have to be established along with contacting each player to inform him or her of practices.

Once players have been contacted, a team meeting is held. This meeting will inform parents and players of what can be expected throughout the season and answer any questions parents may have. From there, players and coaches may break off separately to set team and personal goals for the new season.

Now let’s practice! From here on out, a coach is more than a coach. Overnight, a coach has been magically transformed into a personal chauffeur, a surrogate parent, an answering and messaging service, a mentor, a restaurant, baby sitter and the all time favorite of any coach, a personal verbal punching bag for some parents. A coach also has to endure the parent who knows

all. This parent lives to stand on the sidelines and proceed to tell you how to coach and take it upon themselves to coach their son or daughter during your practice.

A coach is the first to arrive to get practice set up, painstakingly planning each practice. He or she is also the last to leave, picking up any messes that were left behind.

Let’s not forget that during the first couple of practices each player has to be assessed to ensure they are up to speed in the sport or figure out the best way to get him or her up to speed. Assessing each player also helps the coaches make the best possible decision for position placement. Who will have the best attitude to lead the team? Who will perform best in what position? A coach also has to make sure each player has been picked up at the end of each practice. If not, phone calls have to be made to ensure those players make it home safely. More often than not, those few players will have to be driven home way out in Timbuktu after each practice.

Now for the fun. Let the games

begin. Becoming a cheerleader and calendar is also added to that long magical list of being a coach. A coach must memorize when and where games are and relay this information back to the team; hopefully the information is translated to parents. It never fails, no matter how many copies of the game schedule each player asks for, one or more will always miss a game because they lost the schedule and forgot. Once a participant becomes a student athlete, coaches must make sure athletes are eligible to play in games. If an athlete cannot participate, a new game roster must be made up quickly and game strategies may need to be revised.

Shy of holding pompoms, a coach has to be upbeat and cheerful no matter the circumstances of the game.

If things are not going in the team’s favor, “that parent” is standing on the sidelines calling you everything in the book and coaching again. Athletes look to the coaches for sound words and encouragement, especially when facing defeat. No

matter win or lose, the best or worst game the team has ever played, a coach has to keep that love and spirit of the game alive in every single player.

At the end of the day, the last job of every coach is to ensure each athlete had fun, learned more about the game and that most, if not all, of the players will return the following season.

A good sports program starts and ends with its coaches. In youth programs all coaches are volunteers and do not get paid for their services. Many times, a volunteer coach forks out their own money to pay for things that are needed for the team or a team member. Their only payment is the satisfaction of knowing that the athletes have fun and smile while they play. If coaches can’t secure the success of the sports program they are involved in, players will diminish and the next Babe Ruth or Michael Jordan may not be discovered.

So, the next time you run into someone who has coached, just say those two special and powerful words: “Hi Coach!”

Valley Girls spread the wealth



(Photo by Judy Hoyle, Illinois Valley News)

Carol Dickson of the Valley Girls quilting group presented Coach Ray Yarbrough a check for \$3,500 for scholarships and helmet recertification for the school’s football program during the Nov. 12, IVHS athletic awards ceremony. A second check will be presented to the I.V. Boys & Girls Club at Wild River Brewing & Pizza on Nov. 20 at 6 p.m.

“Eyespots” on butterflies shown to distract predatory attack

CORVALLIS, Ore. – Research has demonstrated with some of the first experimental evidence that coloration or patterns can be used to “deflect” attacks from predators, protecting an animal’s most vulnerable parts from the predators most likely to attack them.

The study, published today in Proceedings of the Royal Society B, in fact shows that one species of butterfly uses its “eyespots” not only for protection, but varies the color and intensity of them by season as the types of predators change.

The findings were made by researchers from Oregon State University, Yale University and four other institutions.

“Eyespots are conspicuous, they draw your attention and are thought to be used by many animal species to avoid death or attack, by either startling or confusing the predator,” said Katy Prudic, lead author on the study and a researcher with the Department of Integrative Biology in the College of Science at Oregon State University. “Many insects have eyespots, which suggests they are an important adaptation.”

The butterfly species studied, *Bycyclus anyana*, produces about five generations a year during both wet and dry seasons in its native habitat. Through a process scientists call “phenotypic plasticity,” the same genes can produce two different eyespot patterns in the adults. Warm temperatures of the wet season create large and bright eyespots, while cool temperatures common in the dry season produce dull and small eyespots.

During the wet season, the large eyespots make a colorful target for attack, conceptually similar to a matador waving a cape that distracts a charging bull into

attacking the wrong thing.

In this season, predatory insects such as the praying mantids are their greatest enemy, and the showy eyespots on the wings led the mantids to attack the butterfly wings rather than the more vulnerable body or head. The wings are badly damaged, but the insect can escape and live to reproduce.

During the dry season, most insect predators are dead but birds abound. For birds, the smaller, dull eyespots make the butterfly more difficult to detect and consume.

“Having the right type of eyespot in the right season allowed the butterflies to live long enough to lay eggs and have more offspring in the next generation,” Prudic said. “With the wrong eyespot at the wrong time, they were quickly annihilated by the mantids.”

Color pattern has always been a form of protection against predators in nature, Prudic said. It can take the form of camouflage, mimicry, delaying or redirecting attacks. But studies that observed and hypothesized about such changes have been difficult to document in controlled experiments such as this.

Eyespots are one of nature’s favorite forms of misdirection, shared by fish, frogs, birds, and many insects. Aside from deflecting attack, they can also be used as a “startle” mechanism, being flashed just long enough to delay attack briefly and allow a species to escape. Researchers also believe eyespots can play a role in sexual attraction and mate selection.

This research was supported by the Yale Institute for Biospheric Studies, the Donnelley family and the Singapore Ministry of Education.

AAA Offers Tips for Cold Weather Driving

PORTLAND, Ore. – Snow and freezing rain are in the forecast for parts of Oregon this week, so AAA Oregon/Idaho warns drivers to be prepared for winter driving conditions. “Make sure you and your car are ready for winter weather, make sure you’re prepared to cope with colder temperatures and hazardous road conditions, and take it easy behind the wheel,” says AAA Oregon/Idaho Public Affairs Director Marie Dodds.

When ever Mother Nature brings freezing temperatures and precipitation, the number of calls to AAA Oregon/Idaho for roadside assistance can spike. The most common problems in cold weather are dead batteries, frozen locks and vehicle extrications. “During a snow event, we can easily receive two to three times the normal number of calls,” adds Dodds.

Following are a few tips to help you face winter driving conditions from Steve Fox, Director of Automotive Services for AAA Oregon/Idaho:

Car Preparation: Be sure the battery is fully charged; check all fluid levels, including anti-freeze;

check ignition wiring; be sure all lights operate properly; be sure tires and brakes are in good condition; and be sure the windshield wipers and washer work properly. Most importantly, try to keep the fuel tank at least half full at all times. Adding weight in the back of rear drive vehicles, including pick-ups, will improve traction.

Winter Driving Kit: In emergencies, the following items are invaluable: tire chains, abrasive material such as sand or kitty litter, a small shovel, a flashlight, an ice scraper, rags or paper towels, blankets, flares or other warning devices, and booster cables. Pack bottled water and some snacks, such as energy bars. And be sure your mobile phone is fully charged before you hit the road.

Drive Smart: Slow down on snow and ice covered roads and leave plenty of distance between you and the car in front of you; know what type of braking system you have and how to apply brakes properly (for example, don’t bump anti-lock brakes); make gentle stops and starts to prevent skids; Many newer vehicles have traction control systems. You can

use traction devices, such as snow tires and/or chains, on these vehicles, but you need to apply the traction devices on all four wheels, as each wheel has the job of acquiring traction through the brake system and each wheel needs to be treated equally.

Use Common Sense: Dress according to weather conditions and bring an extra coat, gloves and change of clothes in case you get wet putting on chains or changing a tire. Let family members or friends know your travel plans, including destination, route, and expected time of arrival so they can alert authorities if you don’t make it to your destination.

AAAnews releases, high resolution images, broadcast-quality video, fact sheets and podcasts are available on the AAA NewsRoom at NewsRoom.AAA.com.

For more information visit www.AAA.com. AAA Oregon/Idaho provides more than 750,000 members with travel, insurance, financial and automotive-related services, and is an affiliate of AAA National, serving more than 54 million motorists in North America.



(Courtesy photo for The Illinois Valley News)

Latycia Hearn (right) was a finalist in Radio Commentary at the Ashland High School Speech Tournament Saturday, Nov. 15. Liam Dwyer and Patrick Allen also participated.

Art's Red Garter

Karaoke - Dancing
Live Music

Where the Valley
goes to play

Phil King

Friday, Nov. 21,
@ 5:30 p.m.

Taylor's Country Store

Wild River Lonesome

Sat., Nov. 22, @ 6 p.m.

Every Friday
Jay Barley
Every Wednesday
Open Mic. Night
From 6-8 p.m.

Thursday Night Football
Nov. 20
\$2
Chili Dogs @ Sportsmans Tavern

Kate's Redwood Bar and Grill

Tuesday to Sunday Noon to Close
Happy Hour 3-5
Stop in and see
Kate and Mamie Today!

Solid Ground
with special guest
Ras Deezum
Friday, Nov. 21, 9 p.m.
Free @ McGrew's of Course!