



# 1<sup>st</sup> Annual Washington State Girls Basketball Coaches Association Hall of Fame Banquet



The Washington Interscholastic Boys Basketball Association (WIBCA) is having their 41<sup>st</sup> annual Hall of Fame banquet this year in July. At their banquet they will be inducting 6 new members in to their Hall of Fame. This will bring the total number of Head Boys Basketball coaches in the WIBCA Hall of Fame to over 135. To say that the Washington State Girls Basketball Coaches Association (WSGBCA) is just a little behind in recognizing some great coaches in girls' basketball is a bit of an understatement. As a board we understand that the recognition for many of the coaches that will be inducted into the Hall of Fame in the next 5 to 10 years is taking place years and even decades later than it should have taking place... in some cases the recognition is taking place posthumously. At the same time there are several coaches that are recently retired or even still coaching that have Hall of Fame credentials. The WSGBCA wants to honor both groups. We are very excited about the first class going into the Hall of Fame. It is a class full of legends and mentors, a class full of great coaches and people, and it is a class that has had a very positive influence on thousands of young women throughout the state of Washington.

## 2016 WSGBCA Hall of Fame



Al Aldridge



Curt DeHaan



Jeanne Helfer



Sandy Schneider



Linda Sheridan



Al Smeenk



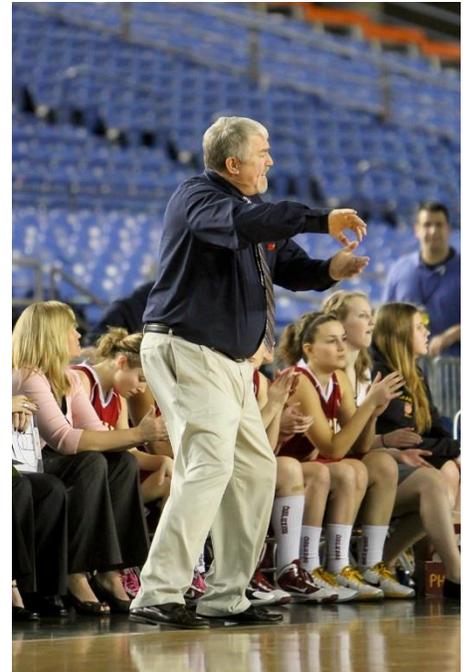
Delores Sutherland

# Al Aldridge

Al graduated from Ft. Vancouver HS in 1968. He ran Track, Swim and Dove on the HS Swim team, played baseball and basketball as a freshman, being cut his sophomore year. Al went on to run track and study music at Mt. Hood College in Gresham, Oregon on scholarship. After being forced to make a choice between music and PE, AL chose music as a career path.

While at Mt Hood CC, Al took up the sport of Water Polo for an AAU Club. That led to a storied career in that sport. He continued to play water polo at Central Washington University where he graduated in 1972 with a B.A. in Music Education.

Al's first teaching job was at Battle Ground right out of college. He started coaching water polo at David Douglas High School in Portland in 1973 with a high school that was nationally famous for its swimmers. (Olympic level swimmers) There AL compiled a 131- 10 record, in 7 years, winning 3 State Oregon High School State Championships, and trophying every year. In those days they could play University teams, they beat teams from WSU, Portland State, Lewis & Clark, Oregon State among others.



Al's basketball coaching career started at Battle Ground in 1976. He coached the freshman team (2 years) and JV Team only losing 2 games in 4 years. When Prairie opened in 1979, Al moved there to start his own program. He also took on the Head Varsity Softball Coaching job at Prairie High School coaching that sport for 27 years. Al won 75% of his Softball Games and won a State Championship.

His music groups at Prairie, especially his Jazz Bands were nationally recognized and won hundreds of Jazz Competition events from Los Angeles to Canada. In 1988 they were selected to perform at the Monteux Jazz Festival in Switzerland and the North Sea jazz Festival in de Haag, Holland. Al approached the competition aspect with his bands much the same why he approached the basketball-coaching arena. There were after all lots of similarities. (Play hard or run!! 😊)

While coaching girls' basketball at Prairie, AL's record speaks for itself. He coached his entire high school career at Prairie compiling at 710 - 134 record in 32 years. His Prairie Teams were noted for tenacious pressing defense and an aspiring up-tempo, high-powered offense. His Prairie Teams won 29 League, District or Regional titles. In 32 years at Prairie, Al's Teams competed in 29 State championships, placing 26 times, and winning 6 State Championships in 3 classifications (1 in AA, 3 in AAA, and 2 in AAAA) In addition, they also placed accordingly: 6 -2nd place finishes, 5- 3rd place



finishes, 2-4th place finishes, 2-5th place finishes, 3- 6th place finishes, 1 -7th place finish, & 1 -8th place finish. His record at the state tournament was 61 - 22.

Al was selected as National Runner-Up to the WBCA Coach of the Year on 2000, coaching the All-America Team in Hartford, Connecticut, and (winning that game on national TV) A once in a lifetime experience.

Al would like to thank the WSGBCA for this terrific honor. He would also like to thank his mentor Brad Smith from Oregon City HS. Brad was instrumental in Al's success and guiding him through the good and bad times of HS coaching.

Al just resigned as the Head WBB Coach at Clark College on Vancouver. Completing a career that has expanded 37 years. Thanks to all who have helped in this long coaching experience.



Al celebrating one of 6 State Championships as coach of the Prairie Falcons

**Career High School Record:**

- 710 and 134 (All at Prairie High School)

**State Tournament Highlights:**

- 6 State Championships
- 6 2<sup>nd</sup> Place Finishes
- 5 3<sup>rd</sup> Place Finishes
- 2 4<sup>th</sup> Place Finishes
- 2 5<sup>th</sup> Place Finishes
- 3 6<sup>th</sup> Place Finishes
- 1 7<sup>th</sup> Place Finish
- 1 8<sup>th</sup> Place Finish

**Record at the State Tournament was 61 and 22**

**Thank you to Bob's Burgers  
and Brew for Sponsoring the  
WSGBCA Hall of Fame Banquet**

The **WSGBCA** would like to thank Al for being a great ambassador for girls' basketball in the State of Washington. His work with the Washington vs. Oregon Basketball game has led to great memories for 100's of players and several coaches that have been able to coach in what is truly a first class event.



# Curt DeHaan

Curt was born on July 28, 1953 in Bellingham, Washington. He graduated from Lynden High School in 1971 and went on to college at Washington State University graduating in June, 1975 with a BS degree in Agricultural Education and in Agriculture Economics. He began teaching at Lynden Christian High School in September, 1975. He is currently the Athletic Director at LC and teaches Business Management and Horticulture in the Vo-Tech department and is currently in his 41<sup>st</sup> year as an FFA supervisor.

He was married to his wife, Sandy on December 28, 1976. Sandy taught 6 years in the Lynden School District until their children were born. Her willingness to take care of the family allowed Curt to coach at the high school level. When the children were older, Sandy went to work as the Children's Ministry Director at First Reformed Church. She retired last year after serving 20 years in that position. Curt and Sandy have three children: Heidi, Chad, and Jason. Heidi teaches P.E. and coaches girls' basketball and cross country at Tigard High School in Oregon. Chad and his wife Anita both work as CPA's at Moss Adams Accounting Firm in Bellingham. Jason works with the Purchasing and Accounting Departments at Rader Farms in Bellingham.



Curt DeHaan Cutting down the net in 2014 after winning his 8<sup>th</sup> State Basketball Championship as the coach of the Lynden Christian High School Girls' Basketball team.

Curt coached basketball at LC for 38 years. He began as the JV girls' basketball coach in 1976 and became head coach in 1980. His love for basketball began when he was very young. He was on the Lynden

boys' basketball team under the coaching of Jake Mayberry and Rollie DeKoster. They were very important role models in his life, as he learned many valuable lessons from these two men. They taught him that through playing basketball, a person could learn a lot about life-responsibility, work ethic, team building, selflessness, passion, setting goals, enjoying life, and striving for excellence. Curt took a basketball coaching class from Chuck Randall at WWU and from George Raveling at WSU. Curt read many books by John Wooden and started going to Northwest Basketball Team Camps in 1982 and had the privilege of coaching many NBC International Tour teams.

At the varsity level, his teams combined record was 772-149, the most wins for a high school girls' varsity basketball coach in Washington State. In Curt's 34 years as head coach his teams have made 31 state appearances,

## From Coach DeHaan

### Coaching Philosophy:

"We want to promote a healthy culture where we value others, build positive relationships, strive for academic excellence, strengthen character, build confidence, maximize potential and celebrate and trust God."

### What Curt enjoyed the most in regards to coaching:

"Coaching my daughter and having her experience the excitement as a starter on 2 state Championship teams. Both my boys enjoy the game of basketball with my youngest son doing lots of scouting and my wife was always very supportive"

"Being surrounded by great assistant coaches, players and supportive families"

23 state semifinals, 13 state finals and have won eight state championships. He was also the runner-up for the Seattle Times Girls' Basketball Coach of the Century in 2000 and was elected to the WIAA Hall Of Fame in 2009. In 2014, Curt was awarded the National Federation High School Girls Basketball Coach of the Year Award.

Curt has never had a losing season and he has won 20 or more games in 30 seasons with undefeated teams in 1996 and 2008. In his last game as a coach, he made his way off the court at the Yakima Valley Sun Dome on March 8, 2014, a champion for the eighth time.



He has enjoyed the opportunity to make a difference in player's lives through a game he really enjoys and the opportunity to share his faith in Jesus Christ. His goal was to help kids not only to become better basketball players, but better people. He tried to pass on the philosophy that if you do your very best, then you are successful. He is thankful for every player who has played for him over the years, for the great memories and for the great efforts they expended in pursuit of success on the basketball court. He credits the program's success to the many dedicated assistant basketball coaches he had over the years. He is thankful for the many relationships that have been made with the families, fans, coaches, athletic directors and the greater basketball community.

**Career Record:**

- **772 and 149 all at Lynden Christian High School**

**State Tournament Highlights:**

- **31 State Tournament appearances**
- **8 State Championships**
- **5 2<sup>nd</sup> Place Finishes**
- **23 state Semifinal appearances**

**Other achievements:**

- **Curt never had a losing seasons**
- **In 30 of Curt's 34 seasons of coaching his teams won 20 or more games.**

**Thank you to Bistro 76 coffee and catering for catering the Hall of Fame Banquet**



# Jeanne Helfer

Born in Spokane Nov. 4, 1958 with health issues that, her doctor said, would prevent her from being able to run and jump like other kids, Jeanne (Eggart) Helfer defied the prognosis to become the finest athlete of her era and one of the most successful high school girls' basketball coaches in Washington history.

At Mead High in Spokane, she guided the Panthers to a 268-93 record, took them to the WIAA State 4A tournament seven straight years, placing in each and winning state titles in 1990, 1992 and 1996 and finished second in 1991 while compiling a 24-4 overall record. She



**1990 STATE AAA CHAMPIONS**

## **From Coach Helfer**

### **Coaching Philosophy:**

"I believe the game of basketball has tremendous potential to be a great teacher of life lessons. It is my job and privilege to make sure this occurs. I believe my responsibility is to create an environment that is positive and produces outstanding players--- but more importantly outstanding young ladies or gentlemen."

### **Describe what you enjoyed most about coaching:**

"The relationships that I've had with my players. They are like an extension of my own family"

### **What are a few of your greatest memories as a coach?**

"The very first trip to state in 1990 where we lost our leading scorer and leader to an injury in the first game but still won it all."

"The 1996 State Championship was the one I wanted the most for a group of girls. They were such a talented group but had some things to fight through during an amazing two year run to cap it off by beating a better Kamiakin team."

also coached a javelin thrower to a state title in track after moving to Mt. Spokane.

Jeanne is already a member of five other Halls of Fame: Washington State University, Walla Walla High School, the National High School Hall of Fame, WIAA Hall of Fame and Inland Northwest Sports Hall of Fame. She was named Female Athlete of the Year three times by Inland Northwest Sportswriters and Broadcasters. As a Cougar she was a Wade Trophy finalist, the female equivalent of the Heisman.

Jeanne, the middle child of five born to Warren and Clara Eggart, was raised in Walla Walla and became a four-sport standout. She was nationally ranked in the track and field softball throw in elementary school, a harbinger of what was to come. Jeanne lettered in four sports at Wa-Hi from 1975-77.

Blue Devils basketball teams finished second twice and third in state tournaments while she was there, losing but seven games in three years. Jeanne averaged 25.1 points during her career and was named a first team Parade Magazine All American. She was two-time MVP on the volleyball state

qualifier, switched as a junior from tennis, where she'd been district champion, to track and won the 1976

WIAA javelin title (Jeanne was unable to defend the title her senior year due to a conflict while playing in the All American Basketball Game in New York City).



Jeanne received the first ever women's basketball scholarship at WSU in 1977. By the time she graduated in 1982 she had scored 1,967 points using the same sized basketball as the men and with no 3-point line. The scoring record stands to this day. She took her junior year off in an attempt to qualify for the U.S. Olympic team in the javelin, just missing the team on the final throw by a fellow competitor. Her 178-foot, 2-inch throw was the Cougar school record before javelin weight specifications were changed and school records adjusted.

Jeanne met her childhood sweetheart, Mike Helfer, in elementary school, and she says, "He was the only boy I couldn't beat." They married the summer before she became Mead basketball coach and was an integral part of the program. Their daughter, Amanda, was born Dec. 27, 1991 and Mead won the state title for the new mother a couple of months later.

**Career Record:**

- 328 and 217
  - 268 and 93 at Mead
  - 60 and 124 at Mt. Spokane

**State Tournament Highlights:**

- 7 state tournaments
- 7 state trophies
  - 3 Championships
  - 1 2<sup>nd</sup> Place
  - 1 3<sup>rd</sup> Place
  - 1 4<sup>th</sup> Place
  - 1 5<sup>th</sup> Place
- 24 and 4 record at the state tournament!



**Thank you Trident Seafood for Supporting the  
Hall of Fame Banquet!!**



# Sandy Schneider

Sandy Schneider is considered one of the all-time best coaches in the Pacific Northwest. When her 26-year run as the face of Lakeside girls' basketball ended in 2009, she had amassed a career record of 472-205-1 while capturing nine Metro League crowns, eight Sea-King District 2 championships, and five WIAA 3A state titles. In 2013, she was inducted into the Hall of Fame of the Washington Interscholastic Activities Association (WIAA).

Schneider has been an inspiration to scores of young female athletes. But four decades ago, Schneider – a child of the 1950s – was just the right age to see a monumental law create a path in front of her.

It was 1974, two years after Title IX took effect. And Schneider was seeing a cultural shift. She was a sophomore playing for the University of Washington's basketball team – hardly the savvy veteran. Just 150 spectators were there, according to a news report. But that's beside the point. The game stands out because she felt for the first time the women's team was being treated equally. They weren't playing in second-class intramural space. They weren't wearing their old powder-blue polyester uniforms. That day, the women wore Husky colors; the band played, just like it did for men's games; and the women got to play in the real basketball arena, Hec Edmundson Pavilion.



"We were so excited, we were on fire," Schneider recalls. "It was extraordinary, an amazing feeling. Wearing the uniform said, 'I'm a Husky.'" The squad was so pumped, they outplayed the heavily favored Washington State University, 43-41.



Title IX prohibited discrimination on the basis of gender in any educational program that received federal financial assistance. At the time, athletics weren't the main thing on lawmakers' minds, but the law has transformed women's sports. Since Title IX, girls' participation in high-school sports has increased tenfold, according to the U.S. Department of Education; women's college sports have grown sixfold. It is widely seen as a great civil rights success story. In some ways, Schneider's life and career embody the Title IX journey.

Schneider started off as a student/athlete in a fortuitous place: Bishop Blanchet. Back then, Schneider says, Catholic schools were giving sporty girls more opportunities at a young age, and she jumped at the opportunity, playing tennis and basketball. That gave her far more experience than her public-school compatriots. In 1972, she enrolled at the UW, where she played basketball and volleyball. She remembers practicing just a few times a week—lax by today's standards. At the end of the volleyball season, the team was given a

### Career Highlights

- **473 -205 – 1 record**
- **20 seasons with a winning record**
- **Qualified for State 17 times**
- **11 Team Trophies at the State Tournament**
- **9 League Championships**
- **8 District Championships**
- **Coached 34 years of basketball (26 as a high school coach and 8 as a middle school coach)**
- **State coach of the year 2003**
- **Assistant coach high school All- American Game , Jackson, Tennessee 1993**

choice: Step it up and practice every day? “We voted yes,” she recalls. “We wanted more.”

She enjoyed the UW but became convinced it wasn’t the best fit. She wanted to go someplace where women’s sports were more of a priority and wound up transferring to Central Missouri State University, playing for legendary coach Mildred Barnes. At the time, there weren’t a whole lot of opportunities after college for women in sports. Her goal at the time was practical: to get through school without going into debt. At CMSU, she was among the first female athletes to get a merit-based sports scholarship – thanks, in part, to Title IX. It was a valuable lesson. Equal opportunity in athletics, it turns out, isn’t just about athletics.

“You get a college education,” she points out. “That’s pretty good.” It’s worth noting, though, that Schneider and other

women in this initial Title IX wave only got part of their tuition covered.

In 1976, women’s basketball became an Olympic event, and Schneider was invited to train for the trials. She didn’t make the final cut, but “I’m eternally grateful for having the opportunity,” she says. Later, she began a master’s program in sports administration at WSU. Not long before she was to graduate, she got a call from Barnes: Would she be interested in playing professionally? In Portugal? At the time, there still wasn’t a women’s basketball pro league in the U.S.



“These opportunities present themselves and sometimes you grab ’em,” Schneider says. And sometimes you don’t. She turned it down; she had put too much into her education to leave it at this point.

She was hired at Lakeside in 1979 and had a long and successful career as a teacher, coach, and administrator. She retired from coaching the varsity girls in 2009 but still coaches basketball and cross country at Lakeside

Middle School. She’s served on many athletic boards and committees, often as the only woman – a token, really, but it was a step in an ongoing process. “I felt compelled to say yes to these things so that someone would represent women at the table,” she says.

“I want girls to see women as leadership figures. How do young women aspire to be leaders if they never see any?” she wonders. . . I’m interested in this whole picture. It’s way bigger than basketball. It always has been for me.”

### **From Coach Schneider**

#### **What I enjoyed most in regards to coaching**

“I enjoyed the relationships I forged with the players, families, other coaches, and generally other people who love girls’ basketball. Since I have been doing this a long time, I have had the opportunity to coach the daughters of several former players—this is a great honor and really meaningful to me”

#### **Greatest Memories:**

“My final season as a High School coach. I enjoyed every practice and every game with this group of girls. I really savored the time with them and the culminating experience was the final game of the season (and my career) when we played for 4<sup>th</sup> place at state vs. longtime coach Al Aldridge and his outstanding Prairie team. It was the perfect way to end my career”

# Linda Sheridan (Squat)

Linda Sheridan coached Girls' Volleyball and Basketball at Shadle Park High School since the inception of the programs over 30 years ago. She received her Bachelor's Degree in Physical Education from Washington State University and her Masters Degree in Education from Whitworth College.

Her honors include Six Selections as Coach of the year by the Greater Spokane League, she was a four time finalist for the Inland Empire Coach of the year, and she was the first woman ever so honored. In 1990 she was named Inland Empire coach of the year and Junior Female Coach of the year, Linda was the first woman ever so honored in the 50+ years of this award. In 1985, 1987 and 1988 she was named Coach of the year by the Washington State Volleyball Coaches Association. In 1985 Linda was named Volleyball coach of the year by the Washington State Coaches Association. In 1988 She Received the National High School Coaching Gold Award for both volleyball and basketball, signifying 200 career victories in each sport, presented by Scholastic Coach Magazine in conjunction with Franklin Insurance. In 1988 Linda was Named Washington State Coach of the Year by USA Inland Empire Sports Writers and Broadcasters Certificate of Achievement. In 1990 she was Washington State University's outstanding Alumni Award Winner. Linda was the Sportswriter's and Broadcasters/Greater Spokane Sports Association junior Female Coach of the year. She was a finalist again in 1993.

The first girls' state high school basketball championships in Washington were held in 1974. Two years later, Sheridan took Shadle Park to its first tournament. Between 1976 and 1995 her basketball teams made a dozen state appearances and won State 4A titles in 1988 and 1989. They reached the semifinals in 1981.

She also made 16 state trips in volleyball, placing numerous times, including state titles in 1985, '86, '88, '89 and '94. The 1988-89 basketball and volleyball teams with many of the same players won those titles in succession. She's a member of the state volleyball coaches' association hall of fame.

Coach Sheridan was named one of the ten most outstanding coaches of the century in the State of Washington by the Seattle Times.

**The following article does a great job of describing who Linda Sheridan was.**

## Hall of Fame coach Linda Sheridan, 65, dies

By Chris Derrick

Shadle Park great won five state volleyball titles, two state girls' basketball titles with Highlanders

Former Shadle Park coach Linda Sheridan, right, died of Lou Gehrig's disease on Saturday. (FILE / The Spokesman-Review)



## Linda "Squat" Sheridan

### Career highlights

**820 wins, 214 losses**

in 24 seasons as Shadle Park volleyball coach and 20 seasons as girls basketball coach

**Five state volleyball championships:** 1984, '85, '87, '88, '93

**Two state girls basketball titles:** 1988, '89

**WIAA Hall of Fame, Class of 2012**

Outside of Linda Sheridan's old office at Shadle Park was a poem fragment that summed up her feelings about life: "What lies before you and what lies behind you isn't as important as what lies within you."

Sheridan, who built Spokane girls athletics into a state-wide power and influenced former players to become coaches themselves, died Saturday at age 65 of amyotrophic lateral sclerosis, commonly known as Lou Gehrig's Disease.

Former Highlanders volleyball player Kirstin (Tutt) Davis said Sheridan died at Hospice House after being diagnosed in October 2011.

Services are pending, although current Shadle volleyball coach Brooke Cooper said Sheridan wished to have the memorial service at the school she built into a volleyball and basketball powerhouse.

Sheridan, affectionately known as "Squat" for her diminutive stature, coached the Highlanders to seven state championships, including five in volleyball. Her teams' combined records during her 24-year career were 820-214.

More important, Sheridan taught life lessons that her players carried on to the next generation.

"So many young women went into teaching and coaching because of the impact she had on our lives," said Judy Kight, who played for Sheridan from 1977-79 and just retired after coaching Mead to seven state volleyball titles. "I found that anyone that ever played for her knew we played for a great person."

"She taught us that life is a journey and to live it to the absolute fullest, to take risks and not be afraid of failure," said Cooper, who played for Sheridan in 1988-89 and took over as Shadle's volleyball coach in 1999. "Just to keep pushing. That was the biggest thing, especially watching her go through what she went through."

Sheridan, along with good friend Buzzie Welch and Bernie Hite, were the pioneers who turned the GSL into the state's top volleyball league. Sheridan's teams won state titles in 1984, '85, '87, '88 and '93. Welch's Lewis and Clark Tigers won state titles in '92 and '94.

Sheridan and Welch began the all-city camp for youngsters, influenced the GSL to play best-of-5 matches instead of best-of-3, and created one of the region's top tournaments, the Crossover Classic.

The two remained great friends and visited many hours at their respective cabins at Priest Lake. Sheridan shared hers with her partner and former assistant coach Linda Wolcott.

"I think we had something that you don't see much in sports anymore," Welch said. "When we were in a game, we did everything we could to win the game. When the game was over, we left it on the court and remained friends. Idealists, I think we were."

Sheridan won state basketball titles in 1988 and '89.

"I'm not sure she consciously got up in the morning and said, 'I'm going to teach people a lesson,'—" said Randy Lothspeich, who served as Sheridan's basketball assistant for eight years. ... "One of the main things you could glean from her is she trusted people and allowed them to develop their own strengths."

Lothspeich said he saw Sheridan on Saturday and was the "morning guy" who visited her at the hospice.

"She was a great mentor in how she dealt with kids, everything she understood about the psychology of the sport and how to get the most out of kids," said current Shadle girls basketball coach Chad Dezellem, who served as Sheridan's assistant for seven years.

Shadle's old gymnasium was christened Linda Sheridan Gymnasium when she coached her final GSL home volleyball game in 1998. The remodeled gym was named Linda Sheridan Court in August 2010.

Sheridan was inducted into the Washington State University Hall of Fame in 2004 and the Washington Interscholastic Activities Association Hall of Fame in 2012. She's also a member of the Inland Empire Sports Hall of Fame

# Al Smeenk

Al Smeenk was born in California to immigrant parents from the Netherlands who knew absolutely nothing about athletics, and were more concerned about teaching their children how to work on the family dairy and not waste time playing. When he was 8 years old his family moved to Washington. Fifth grade sparked his interests in basketball, and Al shot baskets at home every chance he could; fondly remembering shooting outside when the net was frozen, taking a long stick to poke the ball out, and then shoot again. This game continued for hours until dad would call and it would be time to go to work again.

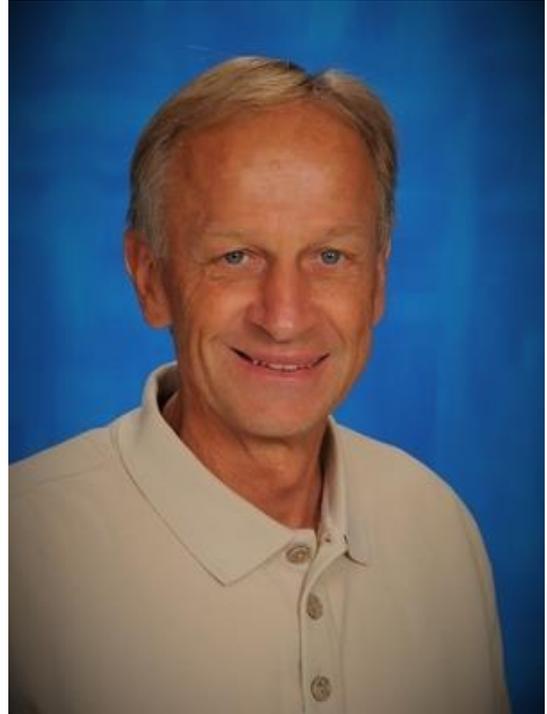
The only organized basketball Al played was in junior high at Monroe Christian School in Monroe, WA. When the high school years approached, he could not play high school ball because he had chores to do at home. A smile comes to his face as he proudly states

that, “I could play a mean game of HORSE with the boys on the basketball team, but they knew more about the other skills of the game than what I did.”

After graduation from Watson Groen Christian School in Seattle, Al attended Dordt College, a Christian Liberal Arts College in Sioux Center, Iowa. He loved the game of basketball, the smell of the gym and never missed any home basketball games. “I often turned the lights on in the gym before the janitor got there... I never missed any games”

Graduating with an Education Degree his first teaching job was in Kanawha, Iowa, a small rural Christian School. He got his first taste of coaching by coaching the junior high team. After 4 years in Iowa, He and his family, wife and two daughters moved to Sunnyside, WA. Again he coached the junior high and in 1982 Sunnyside Christian School started a high school girls’ basketball team with six players. “I remember

practicing with the one support player, and my broom and I were the other 4 defenders. We had a little bit of everything on that team, a couple quick guards, a shooting forward and a 6’2” post. We made it to state the third year we were in existence. Obviously we were out in 2 games.” That started a tradition of going to the state playoffs 20 years of the next 33 years and taking home 16 trophies. His teams have played in the state championship game four times, each time receiving the 2<sup>nd</sup> place trophy. Al’s coaching record in



34 years is 663 and 191. In 2015, he was awarded the 1B Washington State Girls Basketball Coach of the Year.

Al gives all of the program's credit to the talented young ladies and dedicated families that have gone through the program. "God has given me this talent, and I give Him all the credit. I am just used as an instrument of His to train and teach these young ladies to be what He would want them to be. You can't do this without hard working players and super assistant coaches." He has coached several second generation players. "It really says something about the basketball program if mom has played and then her daughter(s) also played. What a tremendous bond we can all share together." They know what is expected from them and Al stresses that they always need to give 110%. "So many of them are so self-motivated, that makes my job so much easier." Many of Al's assistant coaches were either his former students or former players. Al has treasured his coaching staff, several have been with him for over 15 years.

**From Coach Smeenk**

**Coaching Philosophy:**

"For both myself as coach and my players to always give 100% in everything we do. We have a saying on our team, "never let your teammates down." Always be courteous and show respect to the game, players, fans and officials. They don't care how much you know until they know how much you care."

**What did you enjoy the most in regards to coaching?**

"The most important part of coaching is relationship. Relationships first with the players, their families, fans and other coaches. Several of my former players have come back to be my assistants. My assistant today is a former player. Many coaches have become some of my best friends."

**Greatest memories:**

"Getting invited to the weddings of many of my players. I have sung for several of their weddings. When former players come back home for Christmas, come to practice and you get a big hug from them."

Going to basketball clinics, listening to the great coaches speak were always some things Al looked forward to. "I don't care how many games I've coached, I always want to keep learning." Never did he think he knew the game well enough. His teams always attended summer camps either at Northwest Basketball Camp or "going to Colfax." All the athletes knew they would have to dedicate at least one month during the summer to basketball. Always during the course of the season would you find Al calling some of his coaching buddies and ask for their wisdom. "We coaches have our own niche. If it works for them, it might work for me" he often said. "We need to help each other. I've made so many coaching friends, I love these guys."

Al and his wife of 45 years, Betty have 3 daughters, 3 sons in law and 7 grandchildren. His oldest daughter and her family, Jeff and Tami and their three children live in Ephrata, WA, middle daughter Kari and her husband Nolan have one son and Live in Yakima, WA while their youngest daughter Jana and her husband Jason and their 3 children live in Keizer, Oregon. His daughters all played for him. "I loved the times they played for me, it was a special time."

"What I'd really like to emphasize," he says of his Hall of Fame Induction, "is this isn't just about me it's about the great people here in the Yakima Valley that have made these last 34 years such an awesome experience."

# DELORES “SUDS” SUTHERLAND

In an era when high school sports were mostly for boys, Delores Sutherland always thought girls deserved better.

And when the rest of the world finally caught on, she was ready.

Beginning in 1974, Sutherland was the first varsity girls' basketball coach at Everett High School, and in a decade-long tenure she churned out championship teams and top college prospects. She took the game seriously and expected the same of her players, and the result was a program that became a Western Conference powerhouse. Under Sutherland, the Seagulls went to multiple state tournaments, including two runner-up finishes. "We were really, really fortunate (to have played for her)," former player Jo Metzger-Levin said of Sutherland, who died last week at age 80. "But I don't think we realized it until after we were done. It wasn't until we'd graduated and gone on to college that we knew what we'd had. "She was just an amazing person. She was very intense about her coaching and she got the most out of people." Scoffing at the notion that girls were dainty things that needed special care, Sutherland preached toughness while disdaining excuses. "She was a hard-nosed coach who wouldn't put up with anything," said Metzger-Levin, who went from Everett to an All-American career at Western Washington University. "If you were complaining that you had a sore knee or a sore ankle or a sore finger, she'd tell you to go sit in the corner and hold it, and then when you felt better you could come back out. "She was very demanding, but in her own way she was also very sensitive to your needs."

Early in Sutherland's high school teaching career, girls did not compete at the varsity level. They played on something akin to club teams, which is when Sutherland took up coaching, beginning with tennis. "What a wonderful coach she was," said B.J. Larimer, a longtime colleague at the high school. "And she was certainly a pioneer (in girls coaching). She had a wonderful rapport with her students and with her team members, and she was certainly very knowledgeable about her sports." "She loved coaching," added Merrilie Howard, another fellow teacher and coach at the high school. "And she was very good at it, too. I always felt she should've stuck around a little longer because she was so good at it.

"But she discovered golf and then she made me hurry up and get old so I could play golf (with her)," Howard added with a laugh. Sutherland, who was widely known by her nickname of Suds, retired from teaching in 1982 and then coaching in 1983. She was succeeded by Metzger-Levin, but later returned as an assistant coach under her onetime star player.

"She was my assistant and it was a wonderful experience," Metzger-Levin said. "She just had a way with kids, and they really liked her and liked her humor. "In her retirement, Sutherland became an avid golfer and a longtime member of the Port Gardner Ladies Club at Everett's Legion Memorial Golf Course. During the golfing season, "I don't think she ever missed a Tuesday or a Thursday (when the club had its regular bi-weekly matches)," Howard said. "She just loved golf."

Delores "Suds" Sutherland taught PE and coached at Everett High School for many years beginning in the late 1960s. She was at Everett High School when Title IX began to provide so many new opportunities for girls to join in the many new sports. Suds was the girls varsity tennis coach from 1970-1981. Her tennis teams were always near the top of the league and with her guidance they captured a WESCO Championship in 1973 after a perfect 13-0 season. These early days did not include State playoffs which would start just a few years later in



During her decade-long tenure, Delores Sutherland, Everett High School's first varsity girls' basketball coach, produced high-caliber teams and top college prospects. In this photo from 1983, Sutherland holds the second-place trophy on the night Everett placed second at the 1983 Class 4A state tournament in Seattle, losing to Auburn 55-50.

the mid-1970s'. She loved working with students in tennis as well as her PE classes and was unstoppable in PE classes in her badminton units.

It was her coaching in Girls Basketball where the Everett High School girl's teams were exceptionally strong. Suds was the Girls Varsity Basketball coach from 1973-1983. It was during these 11 seasons that they were one of the top teams in the league as well as the state level. Suds teams compiled a very impressive 167-52 record.

WESCO Champions 1974, 75, 76, 77, 82, 83

NW District Champs 1974, 75, 76, 77, 82, 83

Region 1 Champs 1975, 76, 83

State Tournament:

- 1974 2<sup>nd</sup> Place
- 1975 4<sup>th</sup> Place
- 1976 6<sup>th</sup> Place
- 1977 5<sup>th</sup> Place
- 1982 7<sup>th</sup> Place
- 1983 2<sup>nd</sup> Place

Suds teams were among the toughest in the area and several players went on to play at the collegiate level. Several outstanding players who went on to play in college included: Jo Metzger Levin (WWU), Meg Metzger (Stanford 80-83) and Amy Petterson (Oregon).

After the 1983 season she would go on to serve as the girls JV coach and Varsity assistant for her former player Jo Levin who began teaching and coaching back at Everett High School.

Delores Sutherland set a very high standard for girls' basketball in Snohomish County. Her players were not only leaders on the court but also in the classroom as she expected her players to do their best in both arenas. After her retirement from teaching and coaching you could often find her at Legion Golf Course in north Everett where she enjoyed golfing and staying in contact with the school.

Delores passed away just three years ago but will not be forgotten for her wonderful work with girls' sports at Everett High School. She is a member of the Everett High School Coaches Hall of Fame and was a leader in coaching girls' sports.

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