

Student-Athlete Development



Eric Kile
Academic Resource
Center Coordinator



Student-Athlete Development

Our Student-Athlete Development unit initiates support for academic and personal success, during on-campus recruiting visits with prospective student-athletes, and continues providing support and services until student-athletes graduate from WSU. Our student-athlete development staff is committed to developing and implementing comprehensive and effective programs to assist student-athletes in identifying and meeting their academic and career goals leading to graduation and career development. We take a "life skills" approach when assisting student-athletes with class selection, major selection, graduation planning, career development, time management, goal setting, study skills, and learning strategies.

Our focus is the student-athlete and personal development. We reinforce the value of maximizing the educational and career opportunities at WSU. And, most importantly, our staff emphasizes the importance of student-athletes taking personal responsibility and ownership in developing their academic and career plans. Our 91 percent graduation rate for those seniors who have exhausted their eligibility (over the past 10 years) reflects our consistent commitment to academic success while striking a balance between academics and athletics.

Pam Bradetich

Academic Services

- New Student-Athlete Orientation
- General Academic Counseling
- Learning Assessment
- Individual And Group Tutoring
- Assistance With Team Travel
- Writing And Math Assistance
- Graduation Planning
- Computer Lab with internet and library access
- Priority Registration
- Summer School And Degree Completion Programs

Career Development

- Junior and Senior Planning Meetings
- Etiquette Dinner
- Access To SIGI Website For Career Exploration
- Career Fairs and Workshops
- Interview Skills And Workshops
- Job Search Strategies
- Professional Development Portfolio
- Senior Folder
- Alumni Connections
- Resume Development

Personal Development

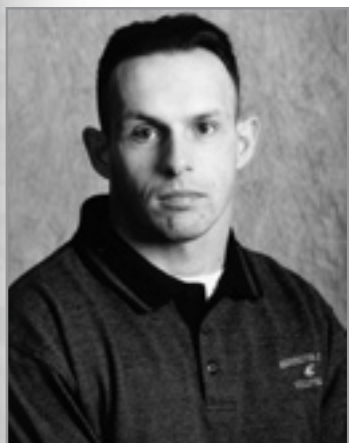
- New Student-Athlete Seminar
- Community Outreach – Team CARE
- P.R.O.W.L. Resource And Referral Center
- NCAA Lifeskills Materials And Resources
- Career Resources



2004-05 Student-Athlete Development Staff
Back row from left: Cynthia Prieto,
Anna Plemons, Pam Bradetich, Eric Kile,
Wanda Tennant
Front row from left: Chris Cook,
Thad Hathaway, Pippa Pierce, Matt Leituala



"The goal of the swimming strength and conditioning program is to provide the best possible environment and resources that will enhance the physical development and talent of each swimmer, preparing them for athletic excellence on the conference, national and international level."



— Jackson Coots
Strength and
Conditioning Coach

**With two floors covering
14,000 square feet and featuring
state-of-the-art equipment,
WSU's weight room
is considered one of the
top facilities in the nation.**





Yasushi Nomura

Athletic Trainer

Yasushi “Yas” Nomura enters his fifth season as a member of the athletic training staff at Washington State University. His primary responsibilities include being the head athletic trainer for Cougar women’s swimming and women’s soccer. He also assists with WSU football.

Prior to WSU, Nomura served two years as the head athletic trainer and sports medicine instructor at Independence Community College in Independence, Kan.

A native of Kyoto, Japan, Nomura earned his bachelor’s degree in physical education with an emphasis in athletic training from California State University, Chico in 1995. He earned his master’s degree at Oregon and worked with football and women’s soccer for the Ducks as a graduate assistant.

Nomura is a certified athletic trainer and a certified examiner by the National Athletic Training Association.





- Eight certified athletic trainers.
- More than 30 student assistants majoring in athletic training.
- Three sports medicine team physicians.

Prevention of athletic injuries is the number one goal of WSU's staff, along with care and rehabilitation. When injuries do occur, the Cougar athletic medicine staff provide the very best in care and use state-of-the-art equipment to return the student-athlete to 100 percent recovery.

ADMINISTRATIVE STAFF (509-335-0311)

Bohler Athletic Complex 110, Pullman, WA 99164-1602
 Jim Sterk, Director of Athletics
 Ken Casavant, Faculty Athletics Representative
 Marcia Saneholtz, Senior Associate Director of Athletics/SWA
 John Johnson, Senior Associate Director of Athletics
 Anne McCoy, Senior Associate Director of Athletics
 Pam Bradetich, Associate Director of Athletics
 (Student-Athlete and Staff Development)
 Brady Crook, Associate Director of Athletics (Major Gifts)
 Pete Isakson, Associate Director of Athletics
 (External Operations)
 Bill Drake, Assistant Director of Athletics
 (Athletic Training Services)
 Ernie Housel, Special Assistant to the AD
 Leslie Johnson, Assistant Director of Athletics
 (Business Operations)
 Rob Oviatt, Assistant Director of Athletics
 (Physical Development)
 Steve Robertello, Assistant Director of Athletics
 (Compliance)
 John David Wicker, Assistant Director of Athletics
 (Event and Facility Operations)
 Chris Cook, Director of Academic Services
 Leslie Cox, Director of Marketing
 Dan Meyer, Director of Ticket Operations
 Kurt Mueller, Manager of Computer Support Services
 Milton Neal, Director of Equipment Operations
 Pippa Pierce, Director of Career and Personal Development
 Scott Vik, Director of Sports Video

MEDIA RELATIONS (509-335-COUG)

Bohler Athletic Complex 195, Pullman, WA 99164-1602
 Rod Commons, Assistant Director of Athletics/Sports
 Information Director (H/332-8309)
 Football/rodco@wsu.edu
 Linda Chalich, Assistant Director (H/334-2921)
 Volleyball/Track/lindak@wsu.edu
 Craig Lawson, Assistant Director (H/338-4556)
 M-Basketball/craigl@wsu.edu
 Jason Krump, Assistant Director (H/432-1828)
 W-Basketball/jkrump@wsu.edu
 Jason Hickman, Assistant Director (H/432-8474)
 Football/jrhickman@wsu.edu
 Ilsa Gramer, Graduate Assistant (H/208-406-9181)
 Soccer/Baseball/igramer@wsu.edu
 Danny Barnts, Student Assistant
 Missy Enfield, Student Assistant
 Rachel Engrissei, Student Assistant
 Rebecca Faulds, Student Assistant
 Joe Nickell, Student Assistant
 Rachel Porter, Student Assistant

BASEBALL (509-335-0310)

Bohler Athletic Complex M40, Pullman, WA 99164-1602
 Don Marbut, Head Coach
 Ryan Brust, Assistant Coach
 Travis Jewett, Assistant Coach

MEN'S BASKETBALL (509-335-0240)

Bohler Athletic Complex M42, Pullman, WA 99164-1602
 Dick Bennett, Head Coach
 Tony Bennett, Associate Head Coach
 Mike Heideman, Assistant Coach
 Ben Johnson, Assistant Coach
 Ron Sanchez, Coordinator of Basketball Operations

WOMEN'S BASKETBALL (509-335-0276)

Bohler Athletic Complex 220, Pullman, WA 99164-1602
 Sherri Murrell, Head Coach
 Mark Lewis, Assistant Coach
 Lisa Fisher, Assistant Coach
 Chris Holland, Assistant Coach
 Sarah Holland, Coordinator of Basketball Operations

M/W GOLF (509-335-0224)

Bohler Athletic Complex M37, Pullman, WA 99164-1602
 Walt Williams, Head Coach
 Kari Sampson, Assistant Coach

SWIMMING (509-335-0273)

PEB 111, Pullman, WA 99174-1602
 Erica Quam, Head Coach
 Suzanne Yee, Assistant Coach

SOCCKER (509-335-0306)

Bohler Athletic Complex M10, Pullman, WA 99164-1602
 Matt Potter, Head Coach
 Kirk Nelson, Assistant Coach
 Lindsey Jorgensen, Assistant Coach

ROWING (509-335-0309)

Bohler Athletic Complex M25, Pullman, WA 99164-1602
 Jane LaRiviere, Head Coach
 Janey Charlton, Assistant Coach/Novice Coach
 Michael Stahlman, Assistant Coach

TENNIS (509-335-0308)

Bohler Athletic Complex M40, Pullman, WA 99164-1602
 Lisa Hart, Head Coach
 Krissy Stubbs, Assistant Coach

M/W TRACK/CC (509-335-0248)

Bohler Athletic Complex M10, Pullman, WA 99164-1602
 Rick Sloan, Head Coach
 Debra Farwell, Associate Coach
 Mark Macdonald, Assistant Coach
 Kris Grimes, Assistant Coach
 Jason Drake, Head CC Coach/Assistant Coach
 Ellannee Richardson, Assistant Coach

VOLLEYBALL (509-335-0277)

Bohler Athletic Complex 230, Pullman, WA 99164-1602
 Brian Heffernan, Head Coach
 Jody Garry, Assistant Coach
 Kevin Wray, Assistant Coach

FOOTBALL (509-335-0250)

Bohler Athletic Complex 102, Pullman, WA 99164-1602
 Bill Doba, Head Coach
 Robb Akey, Defensive Line/DC
 Leon Burtnett, Linebackers
 Ken Greene, Secondary
 Mike Levenseller, Wide Receivers/OC
 Robin Pflugrad, Assistant Head Coach/OR/RC
 Timm Rosenbach, Quarterbacks
 Kelly Skipper, Running Backs
 Mike Walker, Defensive Line
 George Yarno, Offensive Line
 Shawn Deeds, Coordinator of Football Operations
 Don Bartel, Graduate Assistant
 Fred Shavies, Graduate Assistant
 Al Genatone, Student Assistant
 Josh Shavies, Student Assistant

WSU MEDIA

NEWSPAPERS

THE SPOKESMAN-REVIEW (AM). W. 999 River-side, Spokane, WA 99210-1615. (509) 459-5500. FAX (509) 459-5234. SE - Joe Palmquist. Columnists - John Blanchette. WSU Beat - Glenn Kasses.

DAILY NEWS (PM). 409 S. Jackson, Moscow, ID 83843. (208) 882-5561. FAX (208) 883-8205. SE - Michael Sudhalter Columnist - Harry Missildine. WSU Beat - Tom Fox.

LEWISTON TRIBUNE (AM). 505 'C' Street, Lewiston, ID 83501. (208-743-9411. FAX (208) 746-1185. SE - Jim Browitt. Writers - Doug Bauer, Dale Grummert (all write columns).

THE NEWS TRIBUNE (PM). PO Box 11000, Tacoma, WA 98411. (800) 388-8742. FAX (253) 597-8274. SE - Dale Phelps. WSU Beat - Darrin Beene.

SEATTLE POST-INTELLIGENCER (AM). 101 Elliott, Seattle, WA 98119. (206) 448-8373. FAX (206) 448-8164. SE - Ron Matthews. Writer - Dan Raley. Columnist - Art Thiel.

SEATTLE TIMES (AM/PM). Fairview North and John Sts., Seattle, WA 98111. (206) 464-2279. FAX (206) 464-3255. SE - Cathy Henkel. Columnist - Steve Kelley. WSU Beat - Craig Smith.

TRI-CITY HERALD (AM). P.O. Box 2608, Kennewick, WA 99302. (509) 582-1500. FAX (509) 582-1510. SE - Jeff Morrow. Columnist - Hec Hancock. WSU Beat - Mark McKenna.

DAILY EVERGREEN (AM). Murrow Hall 113, Pullman, WA 99164-2510. (509) 335-4573. FAX (509) 335-7401.

ASSOCIATED PRESS. W. 926 Sprague, PO Box 2173, Spokane, WA 99201. (509) 624-1258. FAX (509) 747-7641. Nick Geranios or John Wiley.

TELEVISION

KXLY-TV (ABC, Channel 4). W. 500 Boone, Spokane, WA 99201. (509) 324-4040. FAX (509) 327-3932. SD - Dennis Patchin, Associate SD - Rick Lukens. Reporter - Derek Agnew, Allison Leep.

KREM-TV (CBS, Channel 2). S. 4103 Regal, Spokane, WA 99203. (509) 838-7371. FAX (509) 448-6397. SD - Tom Hudson. Reporter - Mark McClune.

KHQ-TV (NBC, Channel 6). P.O. Box 600, Spokane, WA 99210-0600. (509) 448-3241. FAX (509) 448-4644. SD - John Fritz. Reporter - Derek Deis.

KLEW-TV (CBS, Channel 3). 2626 17th Street, Lewiston, ID 83501. (208) 746-2636. FAX (208) 746-4819. SD - Jenni Vesnaver.

RADIO

KCLX Radio (1450). Almot Road, Colfax, WA 99111. (509) 397-3441. FAX (509) 397-4752. Sports - Steve Grubbs.

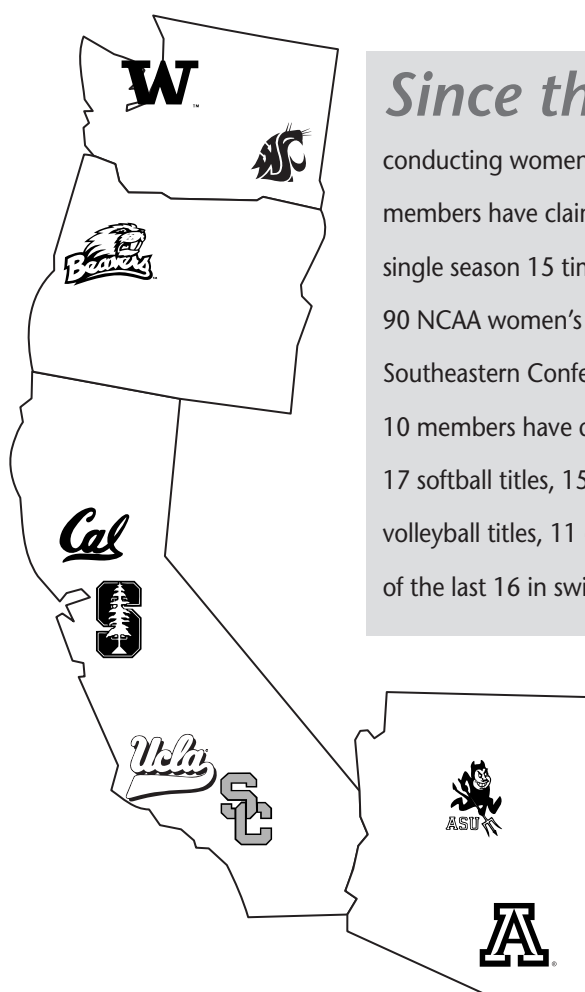
KXLY Radio (920). W. 500 Boone, Spokane, WA 99201. (509) 329-4306. Sports - Bud Nameck.

The Conference of Champions

Entering the 2004-05 season, the Pacific-10 Conference continues to uphold its tradition as the "Conference of Champions."® Pac-10 members have claimed an incredible 84 NCAA team titles over the past nine seasons, for an average of more than eight championships per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 84 team titles over the past nine seasons have come in 21 different men's and women's sports. The Pac-10 has now led the nation in NCAA Championships 39 of the last 44 years and finished second five times.

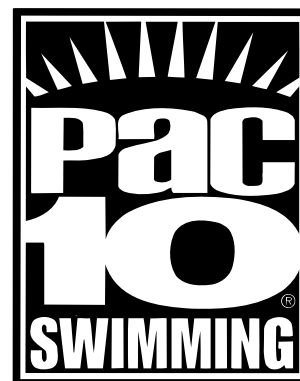
Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 336 NCAA titles (246 men's, 90 women's), far outdistancing the runner-up Big Ten Conference's 197 titles.



Since the NCAA began

conducting women's championships 23 years ago, Pac-10 members have claimed at least four national titles in a single season 15 times. Overall, the Pac-10 has captured 90 NCAA women's crowns, easily outdistancing the Southeastern Conference, which is second with 60. Pac-10 members have dominated a number of sports, winning 17 softball titles, 15 tennis crowns, nine of the last 14 volleyball titles, 11 of the last 15 trophies in golf and eight of the last 16 in swimming and diving.

From 1997-2004, Washington State ranked No. 1 in the Pacific-10 Conference with the highest grade point average.



Conference Ideals

Values and dignity of higher education.

Honor and reputation of the institution.

Worth of your opponent.

Lessons of participation in victory and defeat.

Rules of the contest and integrity of the officials.

History and tradition of the sport.

Enjoyment, moral values and safety of the spectators.

Importance of fairness and ethical behavior in sports.

Joy of high-quality competition and the privilege to play.

2005 Pac-10 Championships

Host: Oregon State

Dates: February 23-26

Location: Federal Way, Washington

2005 DIVISION I WOMEN'S SWIMMING QUALIFYING TIME STANDARDS

EVENT	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
	Standard	Standard	Standard	Standard	Standard	Standard
50 Freestyle	:22.88	:23.56	:25.54	:26.30	:26.01	:26.78
100 Freestyle	:49.78	:51.27	:55.56	:57.23	:56.57	:58.27
200 Freestyle	1:47.61	1:50.83	2:00.11	2:03.70	2:01.60	2:05.24
500 Freestyle	4:45.46	4:54.02	4:09.75	4:17.24	4:14.88	4:22.52
1,650 Freestyle	16:23.54	16:53.04	16:20.60	16:50.01	16:43.62	17:13.72
100 Butterfly	:53.75	:55.36	:59.99	1:01.79	1:00.40	1:02.21
200 Butterfly	1:58.11	2:01.65	2:11.82	2:15.78	2:12.71	2:16.69
100 Backstroke	:54.47	:56.10	1:00.80	1:02.62	1:01.55	1:03.40
200 Backstroke	1:58.24	2:01.78	2:11.97	2:15.92	2:13.61	2:17.61
100 Breaststroke	1:02.00	1:03.86	1:09.20	1:11.28	1:11.27	1:13.41
200 Breaststroke	2:14.25	2:18.27	2:29.84	2:34.33	2:32.56	2:37.13
200 Individual Medley	2:00.67	2:04.29	2:14.68	2:18.72	2:17.13	2:21.24
400 Individual Medley	4:15.93	4:23.60	4:45.64	4:54.20	4:49.19	4:57.86
200 Freestyle Relay	1:31.01	1:33.74	1:41.58	1:44.63	1:43.43	1:46.53
400 Freestyle Relay	3:18.95	3:24.91	3:42.05	3:48.70	3:46.08	3:52.86
800 Freestyle Relay	7:11.65	7:24.59	8:01.76	8:16.20	8:07.75	8:22.37
200 Medley Relay	1:39.90	1:42.89	1:51.50	1:54.84	1:53.40	1:56.79
400 Medley Relay	3:38.32	3:44.86	4:03.67	4:10.97	4:07.81	4:15.24

