

OHIO VALLEY ATHLETIC CONFERENCE HALL OF FAME

VOICES FROM THE WALL

ROW 11

ROW 10

A collection of thoughts from
current and future Hall of Famers
from the

ROW 9

Ohio Valley Athletic Conference

ROW 8

Compiled by Thomas E. Rataiczak

December, 2022

ROW 6

LAST MINUTE NOTE:

As I was proofing this book for the third time, I was trying to decide what to do with the extra white space on certain pages. Having no more material from local contributors, my first thought was to add material from nationally known coaches. But that would defeat my original goal. Then I thought of adding more pictures, but they also weren't available. So I decided to involve the reader, and instead utilized question blocks that intrigued me regarding various topics. I hope you take the time to read the quotes, think about the questions, and add your own ideas. So enjoy.

ON THE COVER: Started in 2004, the Ohio Valley Athletic Conference Hall of Fame is housed on the west concourse in WesBanco Arena, Wheeling, WV. This amazing wall display features 332 of the greatest athletes, coaches, media personnel, and workers to come out of the Ohio Valley. Definitely worth the visit, one stands in amazement at the talents that this little area has produced.

Photo by Sheri McAninch, MacSnaps Photography.

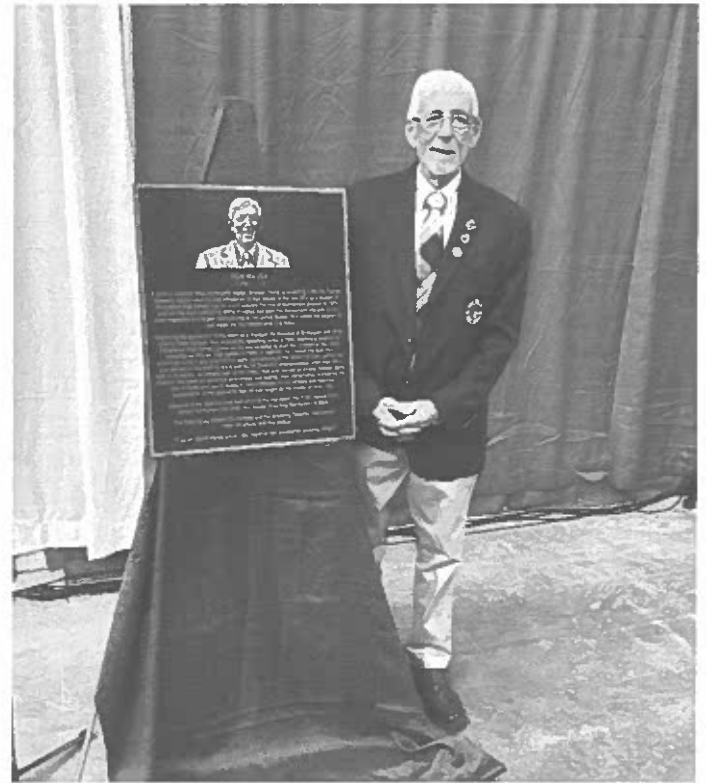
DEDICATION

As we walk our pathway through life, we all leave footprints. Some last for only a few seconds, until the wind or rain erase them. Some last longer, like walking along the beach or through wet dirt. Still others step in cement, leaving an impression for years, but not being very useful.

But few of us will leave footsteps that impact every person we came in contact with for generations to come.

This book is dedicated to two such men who I was blessed to not only work with and learn from, but could call my friends.

RON MAUCK (right) to me WAS the OVAC. No disrespect to giants like Sam and Rudy, or George or Bill or Cal, but Ron Mauck was the ultimate ambassador. Name any phase of the Conference, and Ron touched it. But beyond that, he touched every person he met. I only liked Ron once. From then on, I loved him. He took me to task, held me accountable, offered advice, counted me as



family. Stubborn, disciplined, consistent, determined, he was always there to support you.

DENNY MAGRUDER (left) was the general manager of WesBanco Arena for 36 years. But he was so much more. When the Capital Theater was close to closing, they called on Denny to make it work. When we started the Hall of Fame, Denny opened the doors of the Arena for our display. And when he invited the OVAC Sports Museum to locate there, it prompted major renovations to the facility. But more than this, his office was always open to listen and talk. His encouragement was what kept you going when everything got overwhelming.

These two men were more than friends to me, they were friends to the entire Valley and Conference. Anyone who met them, knew them, worked with them, was blessed.

FOREWARD

Life has a funny way of doing things. So many of us, so many times, think that we're in charge. We're in control. And life just seems to sit there grinning, watching us try to outsmart her.

For instance, here I am, writing a book on athletic quotes and thoughts. Yet I never played an organized sport in my life. And except for two years of pretending to be a freshman basketball coach, never even coached.

You see, I was born and raised on an 128-acre farm by hard-working parents. From the time I can remember, there was work to be done. While dad taught (in an era when teachers were paid very little), mom ran the house and raised the kids.

Everyone had chores. Being the only male, I was introduced to all sorts of tools and taught how to use them by our farmhand, Smitty. At one time, dad supplied all the mom and pop grocery stores (before Walmart and Krogers) with strawberries, beans, potatoes, corn, and all types of truck products. He planted acres of them, and from sunup to sundown, there was work that had to be done.

So there was no time for athletics. They required practices every day, games at night; time away from the work. I was allowed to be in the band, as they only practiced once or twice a week, and football games took only ten days. Regardless of the time it took for that, make no mistake that chores came first.

But I grew up with friends who were athletes, knew all the coaches, followed all the games.

Then came college. My dad was a teacher, my sister was a teacher, so I figured I would be a teacher. Off I went to Lake Forest College (Illinois). I was certain this was the school for me.

After a couple weeks, things weren't going as well as I anticipated, and I started having second thoughts. For some reason, I wanted to drop out and become a heavy equipment operator. My dad told me to hang in there until the quarter ended, and if I were still convinced that was the path, fine.

Meanwhile, I talked to a school counselor who suggested I take a battery of aptitude tests. The results? My first career choice was to be a farmer. Next in line was a forest ranger. Teaching? Down around #27.

Yet I went on to teach for 32 years! When I reflect back, I still live on the farm, managed it for all my career, and love being outdoors mowing grass for 15-20 hours a week.

See what I mean?

Meanwhile, while teaching, some of my best friends were coaches, and they got me involved in everything, from filming to statistics to scorekeeping.

Being an organization fanatic, I was always trying to collect, categorize, create whatever they needed. Then I got involved in yearbooks, producing programs and printing, and word started getting around.

Soon I became involved in the Ohio Valley Athletic Conference through the encouragement of Sam Mumley, the Executive

Secretary and lifelong family friend. I began researching history for Sam that went outside the realm of Bellaire High School and encompassed the entire Ohio Valley.

But still I thought I was in charge. I planned on teaching until I finished my thirty-third year. Then two deaths occurred that changed everything. One was one of my prize students, Allison Mills, a senior with remarkable talent, brilliant, a future ahead of her like no other. And a month before graduation, she was gone from cancer.

The second? Sam Mumley. The president of the Conference at that time? Mark Matz, my basketball coach I worked with for several years. I was approached by him to see if I would be interested in becoming the next secretary, but it had to start at the end of my thirty-second year. Me. Someone who had never participated in athletics or coached in charge of a conference consisting of fifty schools and offering over a dozen championships and all-star games. Me.

See what I mean? And while I had written a few small books with favorite quotations that I had shared and collected over the years, I never thought about doing something like this. But over the past quarter century, I have had the privilege or working with some



of the greatest coaches, witnessed some amazing athletes, and helped produce some awesome athletic contests. And I believe that I am being told to pass along some of their wisdom and thoughts for the future generation of athletes and coaches.

And that brings us to this. For over fifty years, I believed I was in control, I was making the career decisions, I was charting my course. But God had different ideas. And, as always, He knew the best path. I just needed to trust Him more.

Hope you enjoy the results.

LEFT: Bill Mazeroski, Pittsburgh Pirate great, and John Havlicek, Ohio State University and Boston Celtic great, at their induction into the first class of the OVAC Hall of Fame. **ABOVE:** Two close personal friends at their HOF induction. Terry Snively, Powhatan and West Virginia University graduate who, while a basketball coach at Bellaire High School, got me into keeping the scorebook, a gig that lasted over 52 years and 2109 consecutive games without a miss. Also Mike Sherwood, former Bellaire High and West Virginia University record-setting quarterback who is my lifelong friend. We taught together, he served as my principal and athletic director, and has been my sounding board for over sixty years.



6 **GETTING TO THIS POINT...**

“The best laid schemes o’ mice an’ men Gang aft a-gley.”

Translation: The best laid plans of mice and men often go awry.

Translation: The best laid plans of mice and men can still go wrong.

Translation: No matter how well you plan, there is no guarantee of success.

When Robert Burns wrote “To A Mouse” in 1785, I seriously doubt he had me writing this book in mind, (As a former English teacher, I had to sneak some sort of literary culture into this production.)

In the late 1980’s, I had a former student show me a book he was reading. Knowing I was always sharing quotes and motivations with my classes each day, he thought I would be interested in seeing it.

The book was *The Edge*, by Howard E. Ferguson, head wrestling coach at Cleveland St. Edward High School. It is still available on Amazon today, and is an outstanding book of inspiration and motivation. I would heartily recommend buying it.

Meanwhile between then and now, I’ve printed two books of messages myself, but nothing of Ferguson’s caliber. But they were thoughts that struck a chord with me.

As I became more involved in Valley athletics and met some of the coaching legends, I always thought it would be neat to gather some of their wisdom to share with other coaches and athletes. But there was never time. You know the drill, other priorities.

After I stepped down from the OVAC, suddenly there was time. So I thought why not try now?

But where would you start? Who would you consider? What would you ask? Having worked with the OVAC Hall of Fame since 2004, I had the privilege of meeting, talking to, and working with the Valley’s greatest, so I started there.

I mailed out 283 letters to former Hall of Famers, current and past successful coaches, legends, and asked them for their input. After a month, the response was less than I expected.

So another letter was sent to those not responding. To date, this book reflects 53 of them. That’s less than 20%. Friends tell me that’s not bad, but I think otherwise. I had people call me, e-mail me, telling me it was a great idea, they were working on material to send, but as this readies for the printer, the results are the same.

What I was HOPING for was coaches/athletes to share with me motivational thoughts and messages that meant something to them. To give younger coaches and athletes something to help them as they went through their athletic journey.

But what I received made me realize that my plans were going to change drastically (see paragraph four).

I got motivational quotes.

I got practice schedules.

I got resumes of their careers but no quotes.

I got life philosophies and biographies.

And few sent pictures, as I requested.

There were several days as I was typing this I thought I should just quit. Obviously, to paraphrase Cool Hand Luke, "what we have here was a failure to communicate."

But if I did that, it wouldn't be fair to the 53 people who did contribute. Plus, it would make me a quitter. Both those thoughts made me finish this book, although it is a far cry from The Edge.

I thought of adding to the book quotes from big names, like John Wooden, Lou Holtz, Vince Lombardi, Pat Summit. My bookshelves are full of their books with

thought after thought highlighted. While some will be found herein, that's not what I wanted. I wanted the Valley flavor. However, I would encourage the reader to explore these masters. John Wooden's Pyramid of Success is one of the simplest, clearest models for successful programs and personal lives that I have ever seen. I wish I would have come across it fifty years ago.

So here it is. Hopefully you'll enjoy it, learn something from it, be able to use something from it. I know I have.

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ACCOUNTABILITY

RON SMYTH

Edison High School
Retired Girls' Basketball Coach

Accountability is also important to establish in order to have a program reach its potential. Most coaches would agree with this statement, but I've seen coaches that do not lead by example in this area. Players, parents, and administration see if the coach leads by example in this area or is it just lip service. I've been involved with various programs where the previous coach did not demand accountability out of their players and this is a hard transition for the team. Some players/families may go by the wayside during this transition. While the transition can be tough, once established, this aspect of a successful program will basically build upon itself.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
OHSFCA Hall of Fame, 2010

Nothing good happens after 10:00. GET HOME!

ADVERSITY

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach, 45 years

Adversity does not build character; it reveals it.

ARROGANCE

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
Four OVAC Championships

Be humble. Let others praise you.

JOHN WOODEN

Only person to be inducted into Basketball Hall of Fame as both a player and a coach

*Natural Talent is God-Given; Be Humble.
Fame is Man-Given; Be Grateful.
Conceit is Self-Given; Be Careful.*

SIR JAMES M. BARRIE

Scottish novelist and playwright, 1860-1937

Life is a long lesson in humility.

DOUG DONLEY

The Ohio State University
President, Advantage Hole In One

When they start patting you on the back, they are just looking for a soft spot to put the knife in. --Woody Hayes This one is funny as Woody never wanted us to relax or be satisfied. I always kept my guard up because of this quote.

ATTITUDE

MIKE SHERWOOD

Bellaire High School Basketball Scoring Record
59 points

Running backs should run with reckless abandon with disregard for your own personal safety.

-Coach Bobby Bowden

GEORGE KOVALICK

Father of OVAC Wrestling
First Mr. Mat Award Winner (1976)

A good attitude is necessary. An athlete must be willing to train and make sacrifices.

ATTITUDE

BILL JORDAN

9

If you're too big to do the small things, you're too small to do the big things.

JOE PEPE

Boys' Soccer, Brooke High School
11 Sectional Championships, 4 Regional
Championships, 4 State Appearances

Always believe in God. Without God, you wouldn't be here.

Always believe in your parents who love you. Without your parents, you wouldn't be here.

Always believe in your school. Without your education, you wouldn't be here.

Soccer is a pastime. Without the above three, you wouldn't be here.

JERRY MAGISTRO

Martins Ferry High School Softball Coach

What are the two things an athlete can control? Attitude and Effort. You can't control the weather, umpires, God-given athletic abilities and many other things in life. Like my old buddy Campy (Ken Campanizzi) says, 'it is what it is.' But attitude and effort you can control. If you have that, then we can coach you. I think I picked up that quote at some clinic. I believe a coach is a teacher. I always pride myself to not just coach kids in grade and high school how to win, but to prepare them for their next journey in life. I believe sports helps with that.

ZEN BUDDHISM

How you do anything is how you do everything.

DOUG DONLEY

OVAC Hall of Fame, First Class (2004)

If it were easy, everyone would do it.

ROY "AL" GLITCH

Bridgeport High School, 1969
Namesake for Al Glitch Junior High Basketball
Tournament (St. Clairsville High School)

I can vividly remember many years ago the coaches who helped me to become a pretty good athlete at Bridgeport High School: Frank Baxter, Rich Saffield, Mike Rose, and Gary Zelinski. My basketball career is still in my mind after an amazing 53 years. What I learned from these coaches led me to become a basketball coach for 31 years. Coach Baxter and Coach Saffield were always coaching us to have a "great attitude." I always remembered that and it had me using that phrase over and over. I also remember the words "hard work." If you were not giving 100%, you would find yourself on the bench filling water bottles and getting some more towels. Frank and Rich were basketball gods, and I was blessed to play for both coaches for three years. In March of 1969, our team was 25-1 and playing for the State championship. Unfortunately, we lost to Arcanum High School. However, our coaches, our attitude, and our hard work allowed us to be the runner-up in 1969.

DOUG HUFF

Contributing Editor to Street and Smith Magazine

A saying I always liked: Be honest, truthful, hard-working and curious.

ATHLETIC DIRECTORS

JOHN TRIVERI

Athletic Director, Shadyside High School,
10 years

As I think back to my days as a football player and coach in the Ohio Valley, I am reminded of two people in particular. First is the late Jim Thomas who coached at Wheeling Central, then later at Wheeling Park. He was my coach all four years in high school at Central.

During that time, Coach Thomas excelled in many areas as a head coach for me. By far the greatest in my mind was his ability to motivate. We were ready mentally every time we stepped onto the field to play on Friday nights. His pre-game talks to us were so intense and emotional that every player left that locker room with eyes full of tears, ready for battle. I believe that for a player, one of the best attributes a coach can have is his ability to motivate, prepare his kids for battle, give them a true purpose as to why they are doing what they are doing. Of course, there are many other attributes that make a head coach successful, but motivation for me was always held in the highest regard, especially for high school kids.

As I got older, I became a coach myself. All told I spent 27 years in the Ohio Valley as an assistant football coach. That encompasses 3 schools: 9 years at John Marshall from 1985-1993 under the late Mike Linsky, 5 years at Shadyside under John Grinch from 1994-1998, 3 more years at John Marshall with Mike Linsky from 1999-2001, and 10 years at Wheeling Park from 2002 through 2011 under Chris Daugherty, and the late Mark Nardone.

These times as an assistant coach have become part of who I am. All of these head coaches had different attributes that made them special. Mike Linsky was a tireless worker. Somehow he combined being a family man and head coach and made it

work. He would tell me that on week nights, he would start watching film of the next opponent only after his kids were in bed asleep. That meant that on some weeknights, he would start this around 11:00 pm. He also taught at JM and he never missed a day of school because of being too tired from lack of sleep. After school, he would show up for practice full of energy and ready to go. Mike also was an emotional person, meaning that he could cry at the drop of a hat. By crying, I mean when talking about football and his team. He was a great guy who truly cared about his players.

John Grinch had a deep passion for the school (Shadyside) that he taught and the community he lived in. Shadyside is a small community full of athletic history and success, and a tradition of winning that is near the top in the Ohio Valley. John Grinch lived that. He made sure that his players understood what it meant to be a Shadyside Tiger.

At Wheeling Park, I worked under two head coaches. First was the late Mark Nardone. Mark was an organizer. His practices were tightly managed, every second accounted for. There was never a question about what was happening at practice once we walked onto the field. We would usually meet after practice as a staff to plan the next day's practice. Then he would have us e-mail that schedule to him. He was involved in every position coach's schedule and knew exactly what to look for and expect when he observed us. He empowered his assistants and demanded from them.

Chris Daugherty was a down-to-earth people person. His strengths included developing positive and professional relationships with his players. If one of them had a problem, they knew they could come to him to talk about it. Chris was and still is a people person who cares deeply for his players.

Now, as an Athletic Director since 2012 at Shadyside High School, I try to instill as many of the qualities mentioned above in the people who we hire to be our coaches.

ATHLETIC DIRECTORS

KELLY RINE

Athletic Director, Alexander Local,
Meadowbrook, St. Clairsville High Schools
28 years

While growing up in the town of Bridgeport, Ohio, I had the opportunity and privilege to be exposed to multiple sports along with star athletes. I was not unlike others at a young age to have idols. With older siblings and supportive parents, I fell in love with sports, both participating and as a spectator. That ultimately would lead to a career in athletics.

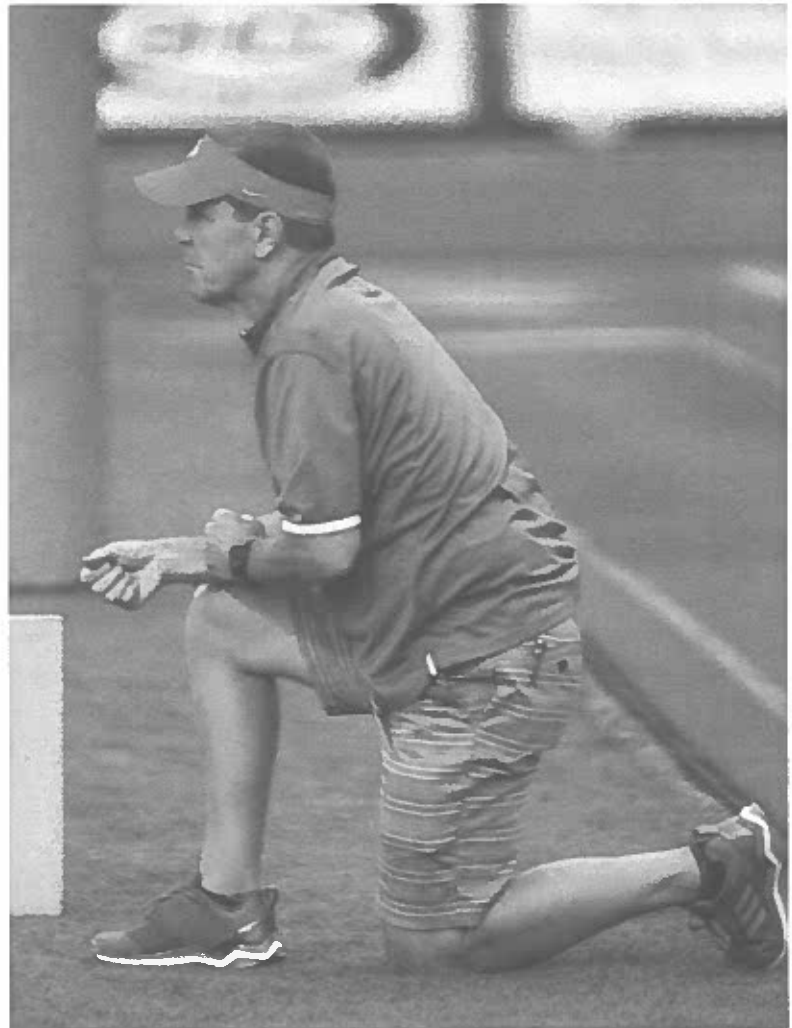
While in high school, I was positively impacted by such coaches as Dave Bruney, Gary Zelinski, Denny Wilson, and Bill Bruney. Each of these gentlemen played a huge role in my development as a person and also sparked my interest in teaching and coaching. After my teaching career began to evolve into interscholastic athletic administration, I took on a new role on how I could impact our youth, other coaches, and communities in general. I've been fortunate to work in several school districts that boasted tremendous kids, parents, coaches, and community members.

I believe that while in the trenches of the secondary education profession, one must possess, exhibit, and demonstrate the following qualities:

- Be selfless*
- Show compassion*
- Have empathy*
- Be trustworthy*
- Be loyal.*

I believe being a role model is not an over-stated term. You should feel empowered if others try to emulate you. Finally, the goal was to always focus on servant leadership. With this approach, you are capable of securing loyal followers that share similar beliefs that act in the best interests of others and the TEAM.

What are the five most important qualities that an athletic director should possess?



BUBBA KAPRAL

Two Ohio State Girls' Track Championships

Kim Appolloni always told me that if your players know you truly care for them, they will run through a wall for you. She was right.

JAY CIRCOSTA

Woodsfield/Monroe Central High Schools
Career Record: 336-148-5

In my fifty years of coaching football at Woodsfield and Monroe Central High School, we never had athletes that were exceptionally big, strong, or fast. As a head coach, I always felt that motivation was the key to getting maximum performance from our players. I always tried to motivate them to be able to accomplish things that they had thought were never possible.

I learned early on, from my football coach at Shadyside High School, Coach Jack Berger, that it was critical that your players know you sincerely care about them. You will find when you are coaching that they, "Don't care how much you know, but how much you really care about them." Once they know you care about them, they will work hard to do their best.

After fifty years of coaching football, I'm convinced that too often coaches spend an exorbitant amount of time on the X's and O's and not enough time on getting to know their players. Spending more time motivating your players will help each player to achieve maximum performance and lead to overall TEAM success

ED WEST

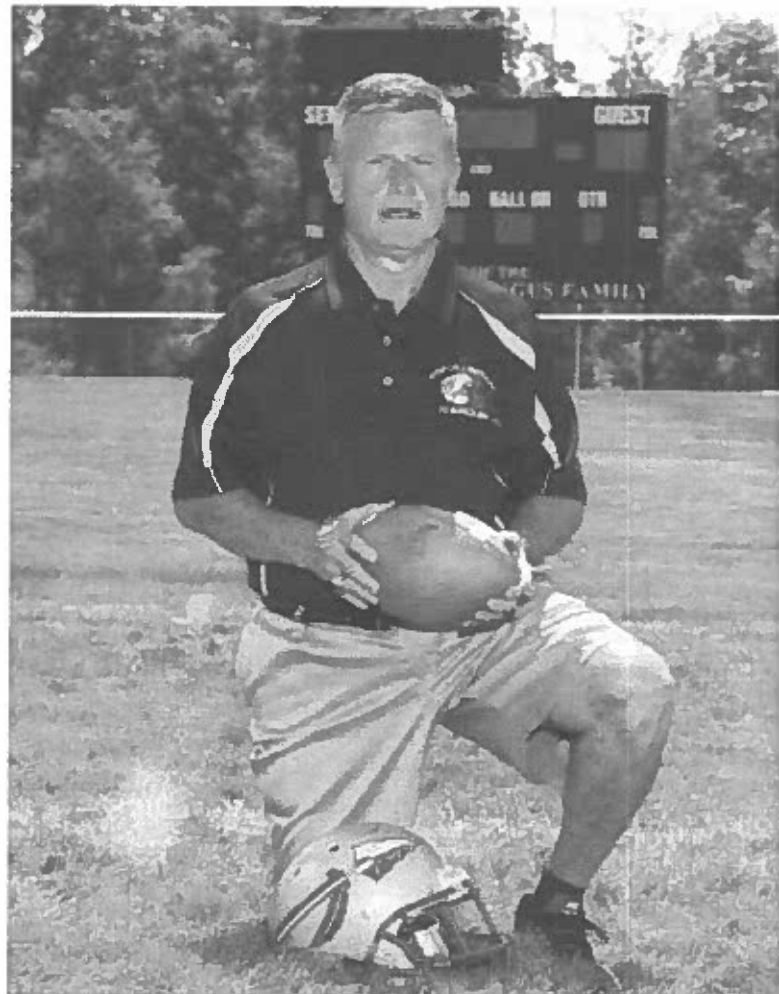
John Marshall Softball Coach
OVAC Coach-of-the-Year Finalist, 2013, 2019

Your players don't care how much you know until they know how much you care. - Pat Murphy, Head Softball Coach, University of Alabama

RON SMYTH

Edison High School
Retired Girls' Basketball Coach

I think players need to know you care about them and want them to succeed. While many players say that times are different and players are different, I think this concept has always been important. I think a player can be kicked in the butt as long as a pat on the back takes place when it's called for.



ROD JOHNSON

OVAC and Buckeye Trail Halls of Fame

I'm not certain who said it, but one of my favorite quotes is "If we always do what we've always done, we'll always get what we've always got." That concept has been one my core coaching beliefs. Every off-season I would develop or create something new which would make our program better. Open gyms, summer camps, club ball, two-a-days, more sophisticated drills, clinics, tougher scrimmages and opponents. I was driven by a great desire to be better every season.

JERRY MAGISTRO

St. John, Martins Ferry Softball, 31 years

The difference in athletes today is that they have more tools to work with, more opportunities to compete. I will say there was more discipline in the schools and families before. When we got punished, we knew we were going to pay the consequences. People tell me all the time they couldn't coach nowadays, and wonder how I do it. I just tell them if you can't accept the changes, then get out. It's a passion, a love in your heart. My advice to coaches is to never assume you know it all, never quit learning, picking the brains of other coaches and people. Coaches are like thieves; they are always stealing something that will give them the "Edge."

BOB MONTGOMERY

John Marshall High School Baseball Coach
24 Sectional Titles
13 Regional Appearances
5 State Tournament Appearances
1985 State Champions

We were different in the Valley in being the first to have jayvee baseball and fall baseball.

We were also among the few in baseball to have a senior night, military night, teacher appreciation night, and little league night.



What's more important: change or tradition?

The Man In the Glass

By Unknown

**When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to the mirror and look at yourself
And see what that man has to say.**

**For it isn't your father or mother or wife
Whose judgment upon you must pass.
The fellow whose verdict counts most in your life
Is the one staring back from the glass.**

**You may be like Jack Horner and chisel a plum
And think you're a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.**

**He's the fellow to please - never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test
If the man in the glass is your friend.**

**You may fool the whole world down the pathway of years
And get pats on the back as you pass.
But your final reward will be heartache and tears
If you've cheated the man in the glass.**

JOHN WOODEN

ESPN's Greatest Coach of the 20th Century

Seven Life Principles

1. *Be true to yourself.*
2. *Help others.*
3. *Make each day your masterpiece.*
4. *Drink deeply from good books, especially the Bible.*
5. *Make friendship a fine art.*
6. *Build a shelter against a rainy day by the life you live.*
7. *Pray for guidance and counsel, and give thanks for your blessings each day.*



DR. WILLIAM A. WELKER

Pennsylvania Interscholastic Athletic Association State Wrestling Champion - 1963

Never marvel at the strength of a man's words, but rather by the determination and truthfulness of his actions.

JIM BROWN

Won National Golf Championship in 1979
Won 17 Big 10 Championships

What you do speaks so loudly I cannot hear what you say.

CHARACTER

15

BUBBA KAPRAL

27 OVAC Championships in Basketball/Track

I wanted two qualities in my players: character and work ethic. Talent was a bonus. Players with character and work ethic will eventually become successful. Character players DO NOT crack at crunch time.

DR. VINCE MONSEAU

Member of Weir's 1957 AAA State Championship Football Team

Surround yourself with good people and good things will happen.

JOE PEPE

Boys' Soccer, Brooke High School
West Virginia Region Coach-of-the-Year, 6 times

What you are as a person is far more important than what you are on the soccer field. Character!

ED WEST

John Marshall Softball Coach
Three-Time State Runners-Up

Coach Vince Monseau taught me the importance of compassion. He had a knack for making everyone feel special. He made sure you knew that you were an important part of the team and that he was there to help you. He got the most from his athletes because they respected him so much. He is a strong Christian man and not afraid to show his faith.

CHARACTER

FRED HEATHERINGTON

Steubenville High School Baseball Coach
Big Red's all-time winningest coach

Do right ALL the time, not when it's convenient.

SUZIE DAILER

Wheeling Central Catholic High School
All-OVAC and All-Valley, 1988, 1989, 1990

They may not remember what you did, but they will remember who you are and how you treated them. CHARACTER MATTERS! Be the difference.

MIKE SHERWOOD

Bellaire High School record setting quarterback and basketball player

If you have to think about whether something is right or wrong, it is probably wrong.

-Coach Jim Carlen

LINDA MYERS

OVAC Museum Committee

I received a high school graduation announcement once with a saying on it that summarizes many things in my life. "What lies behind you, and what lies ahead of you, is nothing as compared to what lies within you." -Oliver Wendell Holmes

DOUG HUFF

Charter Member of OVAC Hall of Fame and OVAC Sports Museum committees

A saying I always liked: Do the right thing when nobody's watching

MIKE YOUNG

Wheeling Central High School Football Coach
Wheeling Central, West Liberty Halls of Fame

With social media and all of the methods of identity, we can be much more impactful through our actions.

CLASS

ED WEST

John Marshall former Wrestling Coach
National Wrestling Hall of Fame, 2008

Coach Bill Hinegardner taught me the importance of integrity and class. He always taught that when you walk into a building, you do it with class, because you are representing John Marshall High School. When you win a match, you do it with class. When you lose a match, you do it with class. That is something that I have never forgotten.



DOUG DONLEY

Cambridge High School, 1977
Track All-American

When you score, act like you've been there before. -Coach Joe Paul (high school coach). I never celebrated a touchdown because of that phrase.

BOB STANKO

Steubenville Catholic Central Track Coach
Seven Boys' OVAC Championships

Andrew Connor was looking for a distance coach, as he was just taking over the track program. He reached out to me and I initially turned him down, 3 times. I finally agreed to join the staff, not really knowing what to do and how to coach a group of young athletes who needed guidance and proper training.

That first year was difficult, but with Coach Connor's help and re-assurance, we researched and attended track clinics to gain as much knowledge as possible. However, I needed to learn from other coaches and see how they trained their distance runners if I wanted to become a successful distance coach.

Our goal at that time was to provide an atmosphere of positivity, appreciation, and a new set of traditions for track and field at Catholic Central.

I gained a ton of experience through those first seven years and became more confident in my training regimens.

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
West Liberty State College HOF, 1988
Four Time WVIAC Coach-of-the-Year

I believe in and followed these coaching principles:

**Be there for the players*

**Never coach style out of a player.*

Take the style they have and make it better.

**Never talk caution into a player. Be aggressive.*

**Have a training plan.*

COACHING**DON OGDEN**

Former Madonna Girls' Basketball
2016 Regional Championship

Coaching is the only profession that the Star Spangled Banner starts your work day!

BOB STANKO

Steubenville Catholic Central Track Coach
Four Girls' District Championships

Our Swimming and Diving Coach at the time, Kaybeth Calabria, had a big impact on me as a young coach, and being a part of her successes as a swim coach, I carried a lot of her coaching tactics with me over to the track program. She stressed accountability, hard work, and having fun as the bottom line. To be approachable, reliable, and a strong leader.

Those first few years many coaches influenced me and helped me grow as a coach. Donna and Butch Joseph of Shadyside were two of the first people I was introduced to along with Monte Miller, Shawn Valloric, and Chris Arno (XC) of Bellaire. I was impressed and enthralled in the knowledge they had, not only about coaching, but how much they knew and cared about the sport itself. Their immense knowledge led me to want to expand my knowledge and appreciation of track and field. A few years later I was introduced to Dugan Hill of Caldwell, Mark Brown of Barnesville, Tim Frye and Bob Cicogna of River, Ben Frye and Tony Cirola of St. Clairsville to name a few more. All of these gentlemen had an impact on how I trained my athletes and evolved as a coach. We all competed against each other week after week and appreciated the value in what each of us brought to the table as coaches.

COACHING

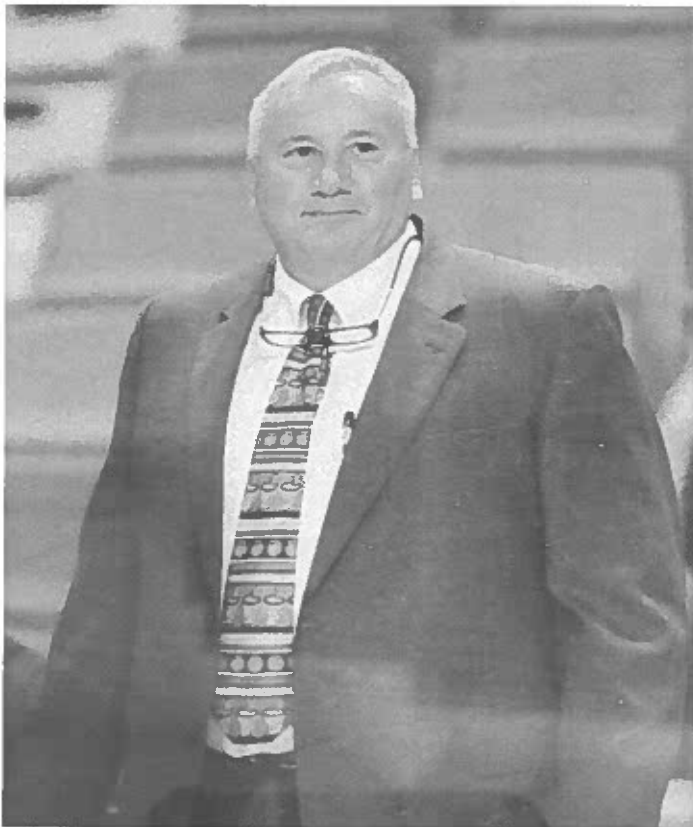
DON OGDEN

Steubenville Catholic Central Boys' Basketball

I posed the question to myself, "why did I get into coaching" and this is what I came up with.

For approximately 40 years, I have worked with troubled kids: abused, homeless, special education, mentally ill, addicted, trauma, delinquents. As a result, I see a lot of the ugly in this world especially toward one of the greatest gifts we have and also toward our future.

Coaching is a release for me. It is therapy. With coaching, I get to work with young individuals and hopefully show them some normalcy and what it is like to work with others toward a common goal. I am not easy to play for. Hell I know I wouldn't be able to play for me. But I loved every kid and was their biggest fan. I didn't always approve of their behaviors but always wanted them to achieve something in their life.



What's the greatest challenge facing coaches today that didn't exist twenty years ago?

COMMITMENT

KIM CLIFFORD

Cadiz/St. Clairsville High Schools
33 years, 461-282

Success is not a sometime thing, it's an all the time thing. I once heard my son talking to a girls' basketball coach. He told the coach that his game was lost five years ago when the opponent's girls were travelling everywhere to get better.

Commitment is what transforms the promise into reality. -Abraham Lincoln

LARRY WINGET

"The Pitbull of Personal Development"
Author, Black and White

Do what you said you would do, when you said you would do it, the way you said you would do it. Period. Game over.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
2004 Regional Champion

Commitment is a promise kept.

COMPETITION



DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
2016 OVAC Bill VanHorne Coach-of-the-Year

"If you play Magnolia, you better be ready to match them floor burn for floor burn, dive for dive." -Logan HS Coach Mark Hatcher

FRED HEATHERINGTON

Steubenville High School Baseball Coach
641 - 227 over 32 years

It doesn't matter WHO we play; it doesn't matter WHERE we play; it only matters HOW we play.

ED WEST

John Marshall Softball Coach
West Virginia Coach-of-the-Year, 2012, 2018

I have been told many times by different people that I am a very competitive person. I take that as a compliment, not as a criticism. I learned a long time ago that it is more fun to win than it is to lose. Therefore, I work very hard to give myself the best chance to win, and I try to instill that in my players.

RENO SACCOCCIA

Steubenville High School Football Coach
Winningest football coach in State of Ohio

Make a schedule to help your kids win in the playoffs, not to win a bar room argument.

KIM CLIFFORD

19

Ohio High School Basketball Coaches 2008
Coach-of-the-Year

The best teams and players play like it is life and death, but realize that it is not. Body language usually indicates if a team or a player is going to be successful. Pouting, arms in the air, jawing, and a myriad of other indignant gestures are a sure formula for failure. That play is over: right, wrong, or indifferent. To be successful, everyone must go on to the next play. It has to hurt to fail, but it can't be paralyzing. We scheduled teams that were the best in the State - St. Ignatius, Africentric, Upper Arlington, Ironton, Zanesville, Wheeling Park, Wheeling Central, Bellaire, Dover, Steubenville, Cambridge, not to mention other local schools that had some of their best teams. Our emphasis was in competition and to resist the fear of failure. It takes you to another level. You can't schedule twenty games like that, but I always felt it was good to get out of your comfort zone to compete on another level.



CONFIDENCE

JOE PEPE

Boys' Soccer, Brooke High School
OVAC Soccer Coach-of-the-Year, ten times

Always own the playing field you walk on to. Prepare yourself to take the other team's heart. Without heart, they can't win.



ED WEST

John Marshall Softball Coach
10 Sectional Championships
6 Regional Championships

Confidence is directly proportional to how hard you have worked. - Jim Jordan, NCAA National Champion and Ohio Congressman

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
Three State Championships

When you warm up, believe that you are the best player on the court.

KIM CLIFFORD

Bellaire/Cadiz/St. Clairsville High Schools
Three OVAC Basketball Championships

Keep telling them how good they are by reinforcing them when they do good things. Find a reason to tell them they are good. Maybe the day before the player made one out of ten free throws. The next day he made two. Reward his success even if it is a baby step. When they are failing at something, be business-like when correcting. Show disdain (i.e. screaming, yelling, throwing a fit, which is for some reason a false expectation of a coach) when there is a lack of effort. My uncle once told me that you get more with a spoonful of sugar than you do with a spoonful of vinegar. I think age and experience play a factor in the confidence aspect. I think I was a much better coach as a grandpap than as a dad. My emotional attachment was way too connected to negativity. The paradox of coaching: Youth is wasted on the young.

BERNIE THOMPSON

Union Local High School
Football Coach

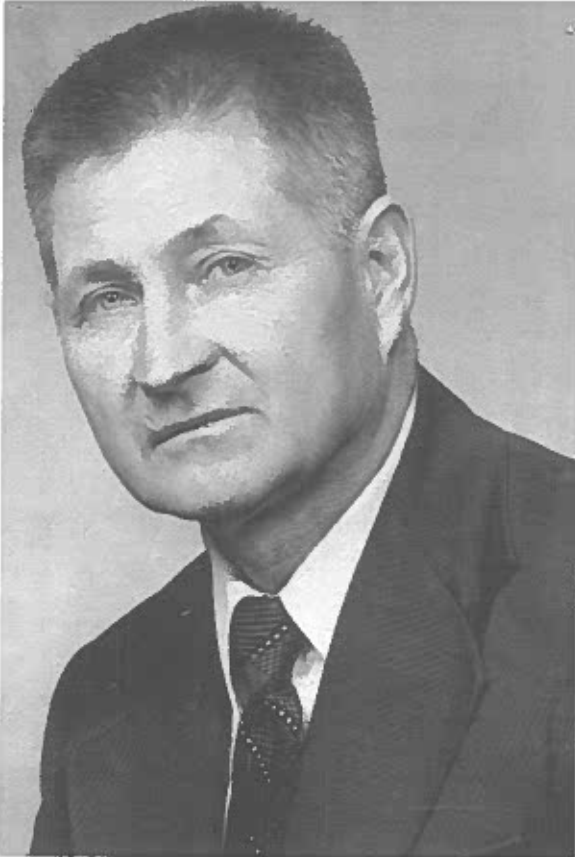
I entered high school as an undersized wide receiver who lacked confidence and strength. That all changed once I met head coach, Mark Cisar. Coach Cisar, a former Magnolia legend, helped take Union Local to new heights by bringing home its first ever playoff victory. He instilled character and a competitive drive in us that we were not used to having around in Morristown. Coach helped me believe in myself and gave me an opportunity to play which, in turn, led to multiple school and OVAC receiving records.

Define the difference between cockiness and confidence.

GEORGE KOVALICK

West Liberty State College
NAIA Baseball Champions, 1964

It doesn't take a big man to do the job. A little man can do it just as well, if not better, with courage. You don't have to be big to be good, but you have to have guts.



DR. WILLIAM A. WELKER

PIAA State Wrestling Runner-Up-1965

Courage is fear in action; whereas, cowardice is fear inaction.

GEORGE KOVALICK

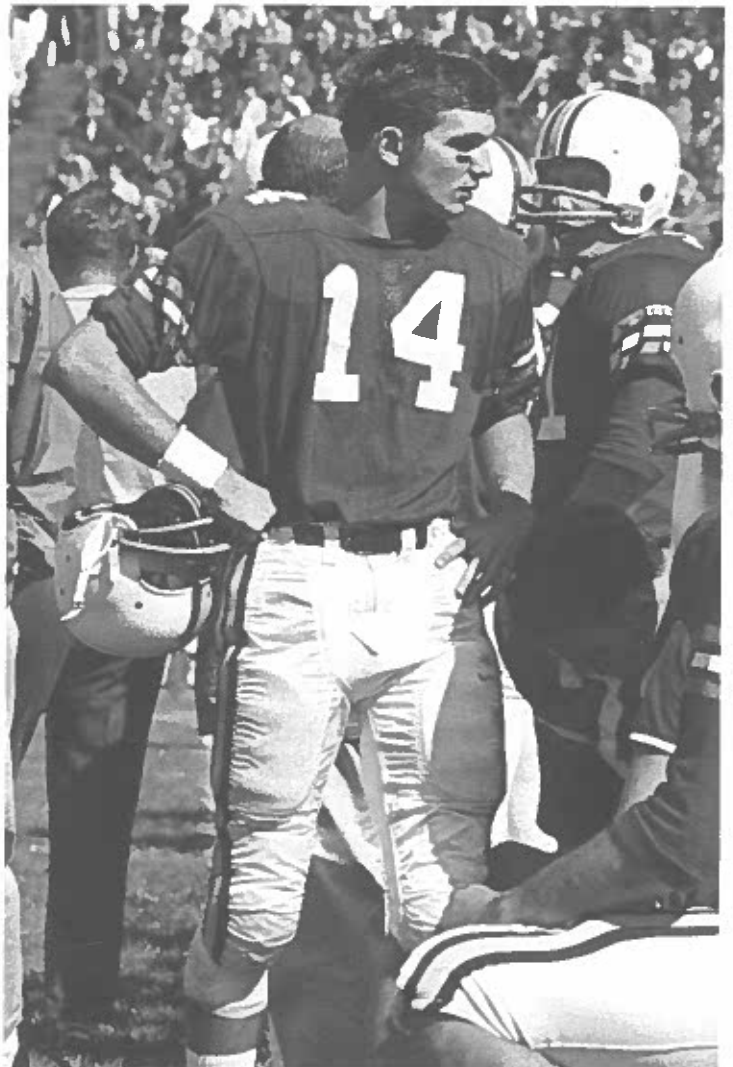
Bridgeport High School Wrestling Coach
1959 State Champions

This is where sacrifices and conditioning work together. To keep in good physical condition means that it is necessary to give up many things, but sound physical conditioning must be made through an effort to become a champion.

MIKE SHERWOOD

West Virginia University Quarterback
25-7 record over three years
Peach Bowl Championship

If you continue to tell your players they are dogs, they will soon start barking.



22 CRITICISM/CRITICS

JEFF SABATINO

Retired Basketball Coach, 25 Years
Martins Ferry High School

Don't listen to outside noise. You can't please everyone. Always do what you believe is right, not what is best or easy.

TERRY SNIVELY

Retired Football Coach, 25 years
River High School

*"Don't worry about what people say. The longer you coach, the thicker your skin gets."
- R.L. Potts, legendary basketball coach*

RENO SACCOCCIA

Steubenville High School Football Coach
State Champions: 1984, 2005, 2006, 2017

Don't worry about criticism from someone you wouldn't take advice from.

DON OGDEN

Former Madonna Girls' Basketball
2016 Regional Championship

Coach the way you feel you should coach, not the way someone else wants you to coach. Play a kid for his game, not his name.

DEDICATION



BILL HINEGARDNER

OVAC Coach-of-the-Year
WV Wrestling Coach-of-the-Year:
1972, 1973, 1979
Mr. Mat, 1984

Hugh Cavendish was my eighth grade teacher and principal at Danese Elementary School. Our school did not have a gymnasium. He would load the basketball team in the back of his pickup truck (which had cattle racks on the side!) and take us to other schools to practice and play.

With parents/fans becoming more vocal, what advice would you give a young coach on handling criticism?



RON MAUCK

OVAC Hall of Fame (2006), Brooke High School Hall of Fame (2006), National Wrestling Hall of Fame (2006)

One of the most shocking surprises to me and my dear friend, Coach Bill Hinegardner, was being presented embossed plaques with beautiful inscriptions and our likeness on them. The plaques are now on permanent display, along with Bill Van Horne and George Kovalick, in the lobby of WesBanco Arena.

Tom Rataiczak was the Master of Ceremonies of the affair. I will never forget his kind words on my behalf, especially coming from the man who singlehandedly conceived and ultimately created the OVAC Sports Museum and the OVAC Hall of Fame with the aid of his staunch supporters, myself included.

Below are his kind words on my behalf. Educator, administrator, community leader, tournament director, and Ohio Valley's ambitious and dedicated patron of wrestling.

Little did George Kovalick realize when he was introduced to Ron Mauck in the late

'50s as a student at Bridgeport High School that Ron Mauck would assume the role of tournament director in 1979 and run the meet until 2010. While Coach George Kovalick had built the tournament into one of the most respected and largest tournaments in the United States, Ron Mauck added the pageantry that made the prestigious event what it is today.

Beginning his connection to the mat sport as a manager for Coach Kovalick at Bridgeport High School and West Liberty State College, Ron entered the coaching ranks in 1965, starting the wrestling program at Follansbee High School. Likewise, Ron was selected to initiate the wrestling program at the newly consolidated Brooke High School in 1968.

In addition, he created the dual meet standings in 1971. Ron also directed five West Virginia State Wrestling Tournaments (1979 – 1982 – 1983 – 1986 – 1987) at the Wheeling Civic Center. He also served on the staff for the 1979 NAIA and 1984 NCAA Division II Wrestling Championships when they were held in Wheeling.

An integral part of the OVAC, Ron Mauck also served as the All-Star Football Game Director (1985 until 2000). He was a close associate with the Mumley legends – Sam and Rudy. Ron Mauck has been on numerous OVAC committees and boards, was instrumental in creating the OVAC Hall of Fame and Ohio Valley Sports Museum, and continues to hold schools and coaches accountable to the standards that he was taught by the master of wrestling – Coach George Kovalick.

Because of Ron Mauck's direction and dedication to the mat sport, the OVAC named their annual wrestling tournament the Ron Mauck Wrestling Tournament in 2006.

The Ohio Valley Athletic Conference and the OVAC Wrestling Coaches Association honor his efforts with this very unique plaque.

DISCIPLINE

FRED HEATHERINGTON

Steubenville High School Baseball Coach
Ranked 3rd all-time wins in Ohio

Be early; be responsible; be worthy.

GARY REPELLA

Steubenville High School
Ohio All-State Basketball, Baseball

The coach who commanded the practice field was a diminutive man of Lebanese descent by the name of Abe Bryan. Although Coach Bryan was small in stature, he was feared and respected by every player who played for him. You never wanted to receive his fierce look or have him shout at you, "Boy! Come over here!." I would watch those practices hoping that I would develop the nerve and courage to play football for Coach Bryan.

Coach Bryan, my father and a majority of my teammates' fathers fought in World War II. Tom Brokaw immortalized this group of men in his best selling book, "The Greatest Generation." Whether at home or on Big Red's practice field, this disciplined way of life was imbued in my teammates and myself. Big Red athletes rarely caused any trouble in school since we realized we would be submitting ourselves to a three-tiered system of discipline which escalated at each step. After you met with the Assistant Principal, you moved onto Coach Bryan, and then, finally, with your father.

Coach Bryan drew on his Marine Corps experience to set the tone for the type of discipline he demanded. You addressed coaches as sir and the only response that came out of your mouth was, "Yes Sir" or "No Sir." You never offered any excuses or explanations.

JERRY MAGISTRO

11 OVAC Championships;
13 Sectional Championships

Discipline brings a lot of these topics together. It starts way back when you were a young kid. I grew up having nuns in my life, both at church and at school. Nuns were Godlike; they did no wrong. My dad instilled that in me at a young age. I remember my oldest brother John came home with blood on his shirt from a nun and complained to my dad. He didn't even get the words out of his mouth ...well, I will just say I never complained about nuns again.

PAT SUMMITT

University of Tennessee Women's Basketball Coach

First coach in NCAA history to reach 1,000 wins

Self-discipline is entirely up to you. You can make or break your own habits. No excuses. . . You can talk yourself into or out of anything. All it takes is discipline. . . Attitude is a choice. . . Life lacks structure. You have to provide it for yourself.

DON OGDEN

Former Madonna Girls' Basketball
OVAC Champions - 2011

I am big on discipline. Coaches, I believe, have to set external limits and boundaries on our kids until they are able to develop internal limit setting themselves. But I also tried to praise a player for overcoming an obstacle, for improving as a player, and hoped I never criticized any of my players for something they did not have the ability to do.

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
Four OVAC Championships

Coaches coach. Players play. Officials officiate. If one of our players gets a technical foul in a game, they automatically have to officiate two lower level games for free.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
OVAC Hall of Fame, 2019

Self discipline is doing the RIGHT thing, not the EASY thing.

JEFF SABATINO

Retired Basketball Coach, Martins Ferry
Final Record: 323-214

Everything you do counts -- from the time you awaken until you go to sleep. Some of the lessons learned from competing in team sports -- loyalty, responsibility, self-control, discipline, camaraderie, and honor -- all are much more important than accolades.

ALBERT EINSTEIN

A man smarter than I am!

We cannot solve our problems with the same thinking we used when we created them.

RON MAUCK

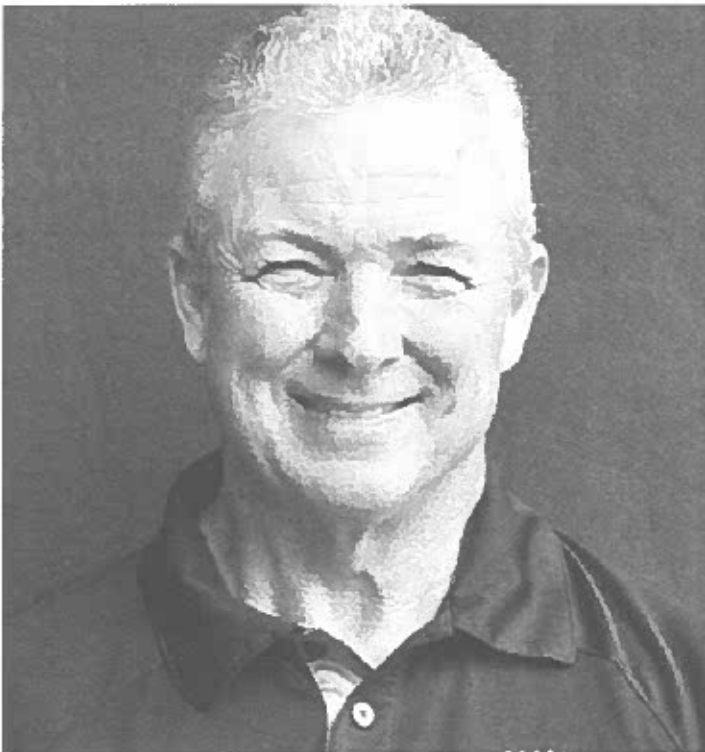
Former Director of OVAC All-Star Football Game,
OVAC Wrestling Tournament

As I look back at my years as a teacher, coach, and administrator, I can honestly say I learned as much from my students and athletes as I taught them.

GEORGE KOVALICK

Halls of Fame: OVAC, Kent State University,
Ohio Valley Football Coaches, Upper Ohio Valley
Dapper Dan, West Liberty State College, Ohio
Athletic Directors, Ohio Wrestling

Intelligence is necessary, but you don't have to be a Rhodes scholar. To be a good athlete, you must learn all assignments just as you would do in a classroom.



How important do you feel discipline is for a successful team?

DAVE RIETHMILLER

The Linsly School Tennis Coach
34 years, 14 OVAC Championships

We also work hard to be prepared and ready for the competition we will face. I stress the importance of being a student of the game and learning the techniques and rules of the game. I am a teacher first, and I see coaching as teaching.

JOSEPH J. THOMAS

Former Wheeling Park wrestler;
Owner, Harbor Lights

The way to avoid roadblocks to learning is to ask questions.

ROSS IVKOVICH

Steubenville High School Tennis Coach
2017 District Champions

The Big Red tennis team carries the best GPA in the school each year. We have an average GPA of 3.8. This may be my proudest accomplishment.

PLATO

Greek Philosopher - 427-347BC

He who is only an athlete is too crude, too vulgar, too much a savage. He who is a scholar only is too soft. The ideal citizen is the scholar-athlete, a man of thought and a man of action.

DR. WILLIAM A. WELKER

Former OVAC and WVSSAC Rules Interpreter

Even in the dictionary, academics comes before athletics.

KIM CLIFFORD

St. Clairsville HOF, District 12 Basketball
Coaches HOF, OVAC HOF

Overwhelm them with your knowledge of the game, but realize that it's not what YOU know but what THEY learn. Find out everything there is about basketball through clinics, videos, other coaches, or college practices. You may not use this information for yourself but you might understand what your opponent is trying to do to you. This knowledge will build confidence in your team.

JIM DiCARLO

Seven OVAC Championships
Seven District Titles

Coaching is knowing what athletes are doing wrong and giving them proper cues to correct those fundamentals. I like to break this down by using the joints (elbow, ankle, knee).

BILL HINEGARDNER

John Marshall High School Wrestling Coach
OVAC Champions: 1972, 1973, 1974, 1977
Dual Meet Record: 133 - 29 - 1

Paul Crago (JM wrestling coach) asked me to be an assistant wrestling coach. I told Paul I knew nothing about wrestling. He replied, 'Good. I will teach you what I want you to know.'

DAVE RIETHMILLER

The Linsly School Tennis Coach
34 years

One of the things I love about athletics is the life lessons that are learned. Players (and coaches) learn to deal with success, defeat, disappointment, criticism, embarrassment, and working with others.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
Boys' and Girls' Track, 17 Years

Consistent effort over our lifetime leads to consistent desired results.

LARRY WINGET

"The Pitbull of Personal Development"
Author, It's Called Work for a Reason

Anytime you give less than your best, then you have stolen from [your team, your teammates, your coach] the world, and mostly from yourself. You must always give your very best. Good enough, isn't.

What do you believe are the most important qualities an athlete can gain from competing in athletics.

EFFORT**RENO SACCOCCIA**

Steubenville High School Football Coach
9 OVAC Championships

We will not coach effort.

JOHN MAGISTRO

High School Football Coach, 52 years
229-99

Martins Ferry, Bellaire, Olentangy, Westerville
Central, Worthington Kilbourne

Attack this day with an enthusiasm unknown to mankind. -- The Harbaugh Family

GARY REPELLA

Steubenville High School
Steubenville Law Director

One of the great thrills of my athletic career was playing in Harding Stadium's amped up atmosphere for big games against All-American Conference rivals such as McKinley. While at Ohio State, I was fortunate to play at big time venues across the nation such as UCLA's Pauley Pavilion, the University of Kentucky's Memorial Coliseum, Indiana's Assembly Hall and Butler's historic Hinkle Fieldhouse. In my opinion Harding Stadium takes a back seat to no one. Big Red fans are known for their fervor which was on display in its full glory that night.

The long walk up the concrete walkway from the field house to the stadium really gets your blood flowing. Back in the day, we wore metal tipped spikes. I can still hear the clattering of those spikes on the concrete walkway along with the roar of the crowd as we made that walk up to the stadium.

SUZIE DAILER

2nd Team All-Atlantic 10 Conference, 1993, 1995

Enthusiasm is contagious. So is the lack of it. I have learned that enthusiasm can make the difference between succeeding and failing in every part of life.

DR. WILLIAM A. WELKER

2009 Wheeling Area Chamber of Commerce
Teacher-of-the-Year

Every man is capable of performing something unique; that which he alone can perfect.

DAVE TALLMAN

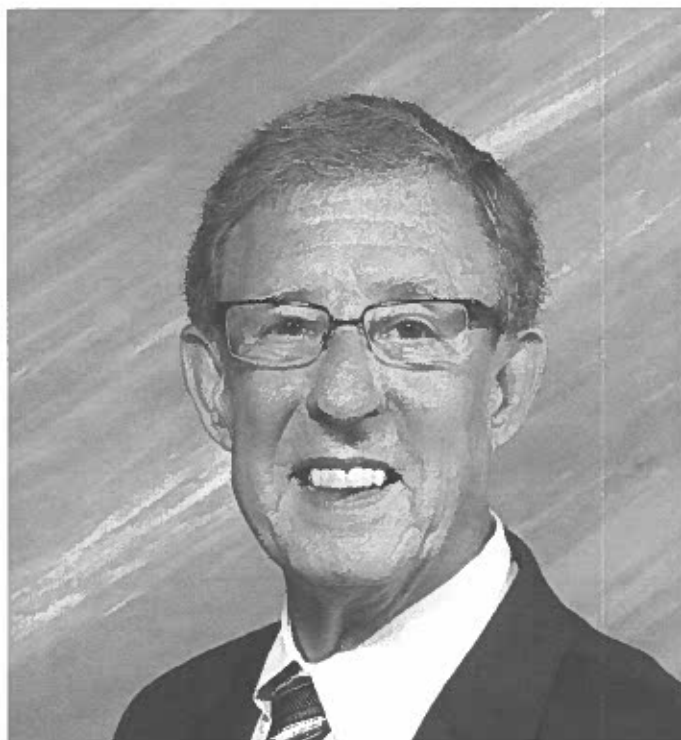
Magnolia High School Boys' Basketball Coach
Four OVAC Championships

As a player at Paden City, we won the State title in 1973 and the OVAC championship in 1975. Sometimes it's harder to win OVAC titles than State titles. Winning four OVAC titles at Magnolia was a definite thrill as they make the championship games so special.

ROSS STOLTZ

OVAC Hall of Fame
Trailblazer Award - Two Time

The quality of a leader is reflected in the standards they set for themselves."- Ray Kroc



EXCUSES

29

DOUG DONLEY

Cambridge High School, 1977
Track All-American

Make results, not excuses. -Coach Joe Paul (high school coach). This sign in our high school locker room has always stuck with me.

FRED HEATHERINGTON

Steubenville High School Baseball Coach
Ranked 7th all-time wins nationally

Don't make excuses; find a solution.

DR. WILLIAM A. WELKER

Pennsylvania Interscholastic Athletic
Association State Wrestling Champion - 1963

Excuses stop on the mat.

Excuses are like sewers. Every street has one and they all stink.

EXPECTATIONS

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
First Team WVIAC Shortstop
Signed contract with Baltimore Orioles; played three years in farm team system

Expectations were intensity, enthusiasm, discipline, total concentration, and involvement. My emphasis in throwing, fielding, hitting, and base running were accuracy, velocity, quickness, aggressiveness, and discipline. I always taught and emphasized the 3Cs: confidence, concentration, and contact (solid), as well as the 3Ps: patience, persistence, and poise.

DOUG HUFF

West Virginia State Sportswriter-of-the-Year
Nine Times

A saying I always liked: Things balance out in life: you may not receive everything you think you deserve but, on the other hand, maybe you've received some things you don't deserve.

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
State Champions: 2000, 2003, 2015

The ABC's of Magnolia Basketball:

A - ATTITUDE - players must always have a good attitude

B - BELIEVE - we can accomplish any goal if we believe

C - COMMITMENT - work hard for the TEAM

D - DETERMINATION - we have to be able to handle the bumps in the road

E - ENTHUSIASM - bottle it up for the first day and bring it at tournament time

F - FAMILY - get on the same side of the rope and pull together. Keep our problems here.

RON SMYTH

Edison High School
Retired Girls' Basketball Coach

Something to keep in mind about players and teams is that the same thing that makes them strong also makes them weak. A team that lives by the press doesn't like to be pressed. With this in mind, it's important to look at what your particular team strengths are each year. High school talent will change year in and year out. Unlike college coaches who can recruit talent that can thrive in the coaches' style, high school coaches have to assess their talent and adjust their plans accordingly. While a coach may lean toward transition style most years, talent any given year may require a more disciplined half court approach.

EXPECTATIONS

ED WEST

John Marshall Softball Coach
OVAC Coach-of-the-Year, 2012, 2014, 2017

I have always believed that you need to set your expectations high, both as a coach and as an athlete. I learned a long time ago that if you don't expect your team to win, they probably won't. If you don't expect them to succeed, they probably won't. When they do believe that they will succeed, that is half the battle in reaching the goal.

SUZIE DAILER

St. Bonaventure University
NCAA Division I National Three-Point Champion

*First: Faith
Second: Family
Third: Team
Fourth: Self*

TOM TISHER

River High School, Retired Girls' Basketball
Coach
Career Record: 418 - 152
Four OVAC Championships

We tried to build our basketball program on three principles: teamwork, preparation, and class. We stressed keeping everything classy. We wanted the teams we played to know they would have to beat us; we wouldn't beat ourselves. We stressed team play and having fun. One of my proudest honors was when the Ohio Valley Officials' Board gave our team the Sportsmanship Award. It was a reward for hard but clean play. I was blessed with great people who bought into our program, not always every day, but more often than not. Our teams improved because they had to and wanted to carry on our winning tradition.

DAVE RIETHMILLER

The Linsly School Tennis Coach
34 years

Good sportsmanship, respect for your opponents, being a team player, and respect for the game are always being stressed too. In tennis the players make their own line calls, so fairness to our opponent is crucial. Tennis players in particular can have a tendency to misbehave on the court so I always stress to my players that if they embarrass me or Linsly that they simply will not be able to continue to play.

ED PASTILONG

West Virginia University
Retired Athletic Director

“CAPS”

COMPLIANCE

Play by the Rules

ATTITUDE

Respect the Game

PERFORMANCE

Play to Win

SUPPORT

Support your School

ED FROHNAPFEL

University High School Cross Country Coach
Career Record: 3,219 - 520
14 WV State Championships (boys/girls)

My catch word would be “accountability.” You know you are expected to run; don't show up at the start of the season out of shape and expect the team to wait for you to get better. We RACE 3 miles; you should be able to run 5 miles at an easy pace. Workouts will provide the race pace.

FAILURE

KIM CLIFFORD

St. Clairsville High School Basketball Coach
OHSAA Division II Final Four, 2012

Failure is an opportunity to learn. We would get the toughest scrimmages we could schedule to expose our weaknesses.

JOE PEPE

Boys' Soccer, Brooke High School
West Virginia State Runner-Up, 2009, 2011

If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes. -John Wooden

RENO SACCOCCIA

Steubenville High School Football Coach
Current record: 401-80

Fear of failing has always motivated me.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach, 7 OVAC Championships

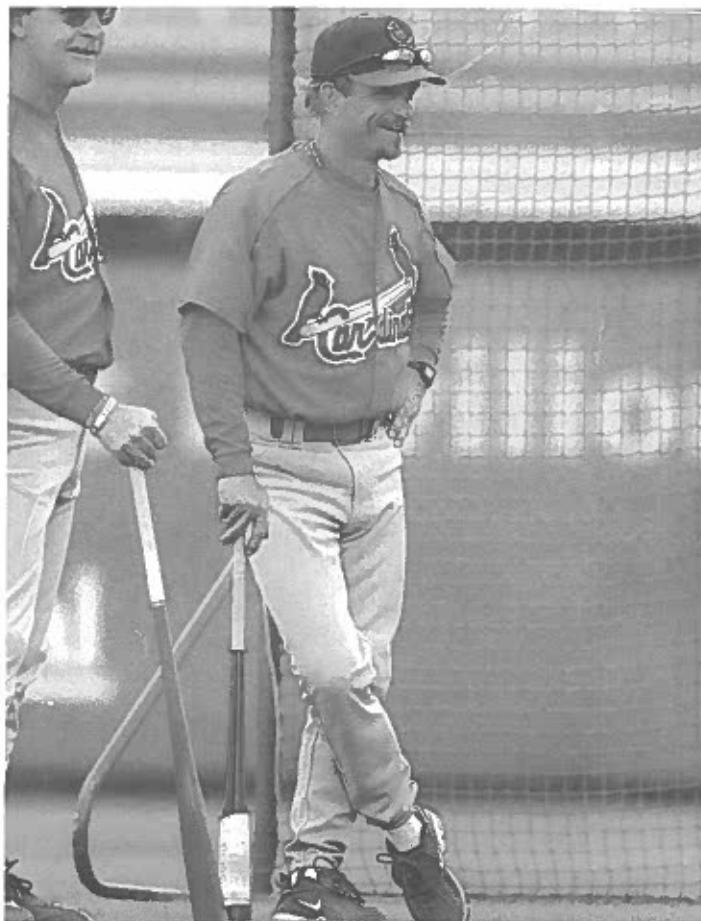
Success has 1,000 fathers; failure is always an orphan. -John Fitzgerald Kennedy

What positive lessons can come from failure?

JOE PETTINI

Brooke High School, 1973
10 years in professional baseball

Being a baseball player for a number of years, it brings to mind an important topic to consider: FAILURE. Not just failure but the FEAR of failure, The game of baseball is full of failure at every level. Whether it's striking out three times, missing a ground ball, throwing a ball away, or not hitting the strike zone as a pitcher, there are many different ways to fail in a single game. As a young player in the little leagues, this may seem a little comical. But as the venues get bigger, all the way to the major leagues, the mistakes can affect you a lot more. This can affect a player in two ways - it can hold him back or he can grow from it. In my experience, the only way to succeed is to fail! To learn that it comes with the territory and to grow from it. It's not accepting failure but knowing it can and will happen from time to time. The good athletes know it can happen but they keep the positive thoughts of success ahead of the negative ones.



FAITH

DOROTHY WELKER

Mother of Bill Welker

My son, when competing, pray to do your best and that no one gets hurt. Never pray to win because God has no favorites.

BOB BURTON

Paden City High School, Basketball Coach
21 Sectional, 8 Regional Championships

Faith was very important to our teams. We had a prayer before and after every game.

DR. WILLIAM A. WELKER

2014 Jasper N. Diehl Award - West Virginia University College of Education and Human Services

I have much more faith in a Kind Man than I do in Mankind.

DAVE RIETHMILLER

Girls Tennis Coach, The Linsly School
34 years

As a Christian, although I cannot "push" my beliefs on my players, they do know where I stand and I can be a good role model, emphasize character development, and form good, healthy, lasting relationships with my players. I also want my players to know that I love them and care for them as individuals.

SUZIE DAILER

Wheeling Central Catholic High School
All-Valley Scholar Athlete winner, 1991

In all things, give God the glory.

DR. WILLIAM A. WELKER

Shamokin (PA) High School's All-Time
Winningest Wrestler with 83 Victories

THE WRESTLING PRAYER

Dear Heavenly Father,

Bless all wrestlers that they may perform to their fullest potential on the mats, in the classroom, and throughout life;

Bless all wrestling coaches that they may stress the highest standards of good sportsmanship;

Bless all wrestling officials that they may keep wrestler-safety foremost in their thoughts;

Bless all wrestling parents that they may understand – win or lose – their child is learning much about life through the sport of wrestling.

*In Jesus' name we pray,
Amen*

FEAR

DR. WILLIAM A. WELKER

OVAC Hall of Fame

In sports, your toughest opponent is fear.

In our society today, does faith belong in athletics?



MEL STEPHENS

Wheeling Central Catholic Boys' Basketball
Seventeen Sectional, Regional Championships

We set goals at the beginning of each season. The first one is to get better every day, both individually and as a team. The second one is to do well enough to get into the top four of the OVAC in our class to qualify for the tournament. If we accomplish that, then our goal is to play for the OVAC championship. Our third goal is to be playing well enough at the end of the season to make it to the State tournament in Charleston. If we make it, our final goal is to be playing on Saturday for a State championship. Sometimes you reach your goals and other times you don't. What's important is the memories and friendships you make along the way.

HARVEY MACKAY

Author, Pushing the Envelope

Decide what your priorities are and how much time you'll spend on them. If you don't, someone else will.

ED WEST

John Marshall Softball Coach
7 OVAC Championships

I think it is important to have a long range plan and daily plan with specific goals and to let the players know what those goals are so that they can see themselves improving.

DOUG DONLEY

The Ohio State University
First Team All-Big Ten
All-American Honorable Mention

People told me to go to a smaller school so I could be a big fish in a little pond. I replied "I want to be a big fish in a big pond."

FRED HEATHERINGTON

Steubenville High School Baseball Coach
Coached 7 high school coaches, 3 college coaches, 1 MLB coach

I tell my players their goal should be to improve every day.



ROD JOHNSON

Buckeye Trail High School, 14 years
428 Varsity wins

When I started coaching girls' volleyball, I felt it was vitally important to view them not as girls who played volleyball, but as volleyball players who happened to be females. I would expect and demand that they execute volleyball skills properly even though they may not be as strong as boys or have the same degree of leaping ability. Execution of skills and hard work are not gender related.

JEFF WOOFER

Oak Glen High School, OVAC Hall of Fame
University of Tennessee, Two-Year Starter

When the going gets tough, the tough get going. - Locker Room Quote

ROD JOHNSON

Varsity volleyball coach, 24 years
1989 Ohio State Champions, Coach-of-the-Year

"If you keep working hard, good things will happen." This was another of my favorite sayings. I expected all my players to always work hard, both on the court and in the classroom. I would like to think my players knew the value of hard work everywhere. I made it a point of having a "grade-sharing" practice. Even today, I keep up with former players to ask how their grades in college are.

JEFF SABATINO

Basketball Coach, Martins Ferry High School
District 12 Basketball Hall of Fame, 2018

Reward should always outweigh risk. Nothing worthwhile comes easy. Do what's right!

KIM CLIFFORD

OVAC Coach-of-the-Year Finalist, 2012, 2013

Everyone thinks they work hard; I'm not sure how many do. Our little kids camp T-shirt reads:

Know work, know success

No work, no success

We never ran sprints in practice nor did we have designated water breaks. We practiced for two hours of pressing, playing, shooting, and drill work. The player would get a drink when they could "find a break." We constantly tried to keep in mind what John Wooden of UCLA said: "Don't mistake activity with achievement." Have meaningful work and work hard at it.

JIM DICARLO

Multiple OVAC Softball Coach-of-the-Year

I believe in hard work on every play in practice and working to improve fundamentals daily. Players need tons of reps to have them get a kinesthetic sense of how their body parts are working.

CLAUDE MAXWELL McDONALD

British Diplomat

If hard work is the key to success, most people would rather pick the lock. There is only one way to be a great shooter. Shoot. A lot. There is only one way to be a great ball handler. Handle the ball. A lot. There's no cheat code; there just hard work. It's the only way. If you want to be strong, you have to lift weights. If you want to be smart, you have to study. If you want to be a great basketball player, you have to get in the gym. There's no way around it. Do the work. There is no substitute for hard work.

BERNIE THOMPSON

Union Local High School
Football Coach

Coaches have impacted me throughout my life. My first one just happened to be my father, Shawn Thompson, who taught me that hard work and dedication will get you the results that you want. I learned early on that there are many things I cannot control in this world, but I can control how hard I work and how much time I am willing to dedicate to reach a goal.

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
16 Sectional Titles; 11 Regional Titles

Work hard during tough practices so that the games are fun. We preach outworking our opponents.

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
West Liberty Baseball Coach, 25 Years

I've learned all of this from my coaches. One of the best quotes was from Tom Ackerman who always said: "Dont look back and have any regrets." I've lived my life that way. You only get one opportunity to get it right. When/if you look back, you don't want to say, "What kind of a player would I have been if only I had worked harder?" What you are is God's gift to yourself. What you do with what you are is your gift to God.

SUZIE DAILER

St. Bonaventure Hall of Fame, 2006
OVAC Hall of Fame, 2008

Hard work pays off . . . in every aspect of life. I have found this to be true in every practice, game, meeting, event. Anything that I have ever been a part of . . .it always rings true.



ROSS STOLTZ

OVAC Hall of Fame
McDonald's Franchise Owner

Luck is a dividend of sweat. - Ray Kroc

Which would you prefer? A natural who fails to work hard in practice or an untalented player who leaves everything on the field?

HONESTY



JOE PEPE

Boys' Soccer, Brooke High School
WVHSSCA Hall of Fame, 2017

Honesty is the best policy. Nobody likes a cheater or a liar. Once people find out the you lied or cheated, you won't be trusted again by anyone.

Two wrongs don't make a right. Always do the right thing.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach, 284-135

No man is hated more than the one who tells the truth.

DOUG DONLEY

Cambridge High School, "White Lightning"
First Team All-State

If you always tell the truth, you don't have to remember what you said. --Woody Hayes

LINDA MYERS

OVAC Hall of Fame
Queen of Queens Program Director

The Ohio Valley Athletic Conference has been a part of our lives for over forty years. Although Tom and I appreciate all the honors we have received, our greatest blessings are the friendships we have made. The OVAC family is a group of dedicated, loyal, and hardworking individuals committed to serve the youth of the Ohio Valley. We are honored to be a part of this illustrious group.



If you had to choose ONE friendship that you developed through athletics, who would it be?

ROD JOHNSON

Buckeye Trail High School, 14 years
428 Varsity wins

When my teams would win a match, I'd credit the players. When my teams lost, I took the blame. My teams always knew I had their backs.

**DR. VINCE MONSEAU**

1983 Mr. Mat

Coach Jim Carey (Weir) would encourage his athletes by constantly reminding them to "be a leader." Don't be afraid to be a leader in everyday life as well as sports.

MIKE YOUNG

Wheeling Central High School Football Coach
OVAC Coach-of-the-Year, 2012

I tell my coaches every day that we, as teachers and coaches, need to live the life we expect of our students and players. They see us every day.

ROSS STOLTZ

OVAC Hall of Fame
Strongest Supporter of OVAC All-Star Band

The difference between mediocrity and superiority is attention to detail. - General Douglas MacArthur

LEADERSHIP**MICHAEL BURKE**

Good instincts tell you what to do before your head figures it out.

BILL HINEGARDNER

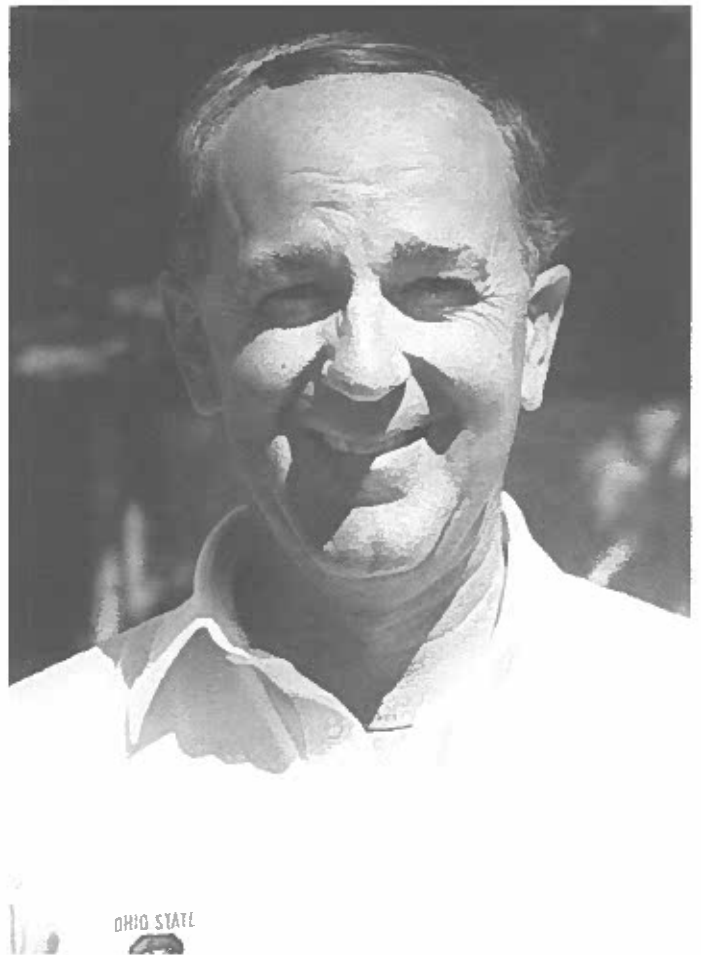
John Marshall High School Wrestling Coach
State Champions: 1972, 1973, 1974, 1977

If you surround yourself with good people, good things will happen.

JIM BROWN

NCAA National Coach-of-the-Year, 1979, 1986

I believe that my job as a coach is to provide each student-athlete the best possible opportunity to improve himself and take his game to the highest level.



DR. WILLIAM A. WELKER

Pennsylvania Interscholastic Athletic
Association State Wrestling Champion - 1963

I have made many mistakes in my life as a wrestler on and off the mats. But haven't we all? Now that I'm a retired teacher, coach, and official, I have thought about what beliefs assisted me in coping with the challenges of living a life of personal fulfillment – (1) respecting the efforts of those who competed against me in wrestling, and (2) respecting the thoughts of those who have values that differ from mine.

I want to share with you the principles I have strived to obey in my human journey. Maybe they will also help you in your own lifetime travels as well.

Be Humble

Always take your classes in school and wrestling on the mats seriously, but not yourself. To do so is the beginning of arrogance. Arrogance offends others and has no redeeming qualities. As an athlete, respect your adversaries. Likewise, lose with grace and win with class.

*The late Coach John Wooden, the ultra-successful basketball coach at UCLA, said it quite simply:
"Natural Talent is God-given, be humble;
Fame is man-given, be grateful;
Conceit is self-given, be careful."*

Be Prepared

Strive to be a well-rounded, student-athlete to prepare yourself for college, the trades or the military. Plato, the ancient Greek scholar, philosopher, and formidable wrestler, wrote:

*"He who is only an athlete is too crude, too vulgar, too much of a savage;
He who is a scholar only is too soft;
The ideal citizen is the scholar-athlete;
A man of thought and a man of action."*

Be Perseverant

My father was a simple, but astute German parent, who gained practical knowledge and experience on the streets, fighting to gain respect from his adolescent peers. He later opened a successful cigar store with his partner, Andy Ryan, a wonderful Irish fellow. He saw to it that his two sons attended college, an experience he was never afforded. Yes, he taught us perseverance. He would never listen to excuses. Dad would tell us to set high goals in wrestling and life, and work hard to reach them.

He emphasized, "If you fall on your face, get right back up and keep moving forward."

Likewise, my grandmother, Ada Bertollette, often stressed with my brother and me: "No matter how bad things seem to be, the sun will come up in the morning. A new day to follow your dreams." She was a true believer in Norman Vincent Peale's Power of Positive Thinking philosophy.

Be Patient

During my initial years as a teacher and wrestling coach, I would become very frustrated that I wasn't making more money to support my growing family, and that my wrestlers weren't performing better in competition.

My wife, Peggy, put me in my place. "Bill, don't rush things. Be patient. Anything that is worthwhile in life doesn't happen overnight." I have been blessed with a very loving and wise spouse.

Later, I came across a little-known quote from Mark Twain. I must say it really hit home. "The two most important days of your life are the day you were born – and with patience – the day you find out why."

Be Able To Kneel

As soon as my brother and I were able to understand, my mother explained to us the significance of God and prayer in our lives. To begin with, Mom taught us to thank God for our good health and blessings in life

and to pray for others in our lives and those who were much less fortunate.

But she did not stop there. Though never an athlete herself, Mom told us how to pray before our matches.

“Boys, always pray to do your best and that no one gets hurt.”

She went on to tell us that we shouldn't pray to win because God has no favorites. Mom further stated praying to win is a form of arrogance, suggesting that we were better than our opponents in God's eyes.

“If your wrestling abilities are better than your opponent's, that should be the winning factor.”

Mom was one of the most spiritual persons my brother and I have ever known. We were blessed to have such a Godly parent.

I must admit there were times in my life when I felt my prayers were ignored by God. But then I learned from an individual I would have never expected to enlighten me on such unanswered prayers – the late famous actor, Kirk Douglas.

Douglas found God later in life and was a fervent proponent regarding the power of prayer. He was once confronted by a friend who suggested that God doesn't answer all prayers.

“Kirk, there were things that I prayed for throughout my life, and none of those prayers were answered. How do you explain that?”

“That's easy, John. God does answer all prayers, but sometimes, for your own good, the answer is 'NO'.”

Prayer is still a very important part of my daily routine. Through prayer, I have experienced “subtle” miracles throughout my entire life.

BOB STANKO

Steubenville Catholic Central Track Coach
Three Boys' District Championships

Looking at the topics to consider that you listed, just about all of them apply in some way, they have to. Some change in importance as the years have gone on depending on our team's dynamics.

But, the ones that seem to be consistent and remain higher priority with Catholic Central track and field's approach to each season are: work ethic, class, character, respect, poise, faith, education, dedication, determination, commitment and excellence. These, I believe, when made the focal point of how we want to progress and teach our young student-athletes what it means to be a part of our program, will encompass all the other avenues differently with each of our athletes.



BERNIE DOLAN

Wheeling Park High School
Executive Director, West Virginia Secondary
Schools Activities Commission

The crown jewel of the Ohio Valley Athletic Conference is the Hall of Fame. This brings such pride to schools, communities, players, and contributors. One of the reasons the OVAC has survived for so many years is that they honor and recognize their history.

LEGACY

DON OGDEN

Former Madonna Girls' Basketball
OVAC Champions - 2011

The greatest joy is to see the accomplishments that players achieve later in life. Watching them start families or start a career is the best reward. Unfortunately, not all of my players had positive achievements and faced adversity. For those, I have always tried to be supportive, patient, and show compassion. I always want them to know there is at least one person who believes in them.

How critical is loyalty among a coaching staff?



LOSING

DR. WILLIAM A. WELKER

Robert A. Kemp Outstanding Wrestler Award -
1965

It's hard to win if you're worried about losing.

LOYALTY

FRED HEATHERINGTON

Steubenville High School Baseball Coach
Has sent 68 players to college; 1 to MLB

*Loyalty is hard to find in today's world.
Commit to being loyal.*

JEFF SABATINO

Retired Basketball Coach
Martins Ferry High School Hall of Fame, 2019

When choosing a staff, prioritize loyalty and honor over talent and intelligence. We can teach them what they need to know, and guide them through their teaching, but if they aren't loyal, we can't count on them. Also, in all of life's endeavors and successes, without honor we have nothing.

BUBBA KAPRAL

St. John Central High School Girls' Track
Two State Runners-Up, Two State Champions

Dr. Jerry Liberatore personifies loyalty. He became infectious. He bleeds green, and kept me at St. John when I had great coaching offers elsewhere. He was a visionary, implementing youth programs and summer leagues for grade school kids that paid great dividends. He taught me that in order to fill the pipeline with the talent you need, you had to start them at a young age.

TOM BRADY

GOAT Quarterback
New England Patriots, Tampa Bay Buccaneers

Being mentally tough is putting all that bull-shit aside. Everything that has happened - all that noise, all that hype - and just focus on what you got to do. It's NO excuses, it's NO whining, it's NO complaining. It's like this: Did you win or did you lose? End of story.

SENECA

Roman Philosopher and Statesman
4BC - 65AD

It is a rough road that leads to heights of greatness.

BUBBA KAPRAL

St. John Central Coach, 31 years

If you cannot go eyeball-to-eyeball with a player or a parent, you cannot be a head coach. -Kim Appolloni

RENO SACCOCCIA

Steubenville High School Football Coach
Multiple District Coach-of-the-Year

Your body will do whatever your mind demands.

ED WEST

John Marshall Softball Coach
2012 West Virginia State Champions

Coach Ed Dugas taught me the importance of mental toughness. I think sometimes people underestimate the mental side of athletics. I believe that mental toughness is what separates the good athletes from the great ones. Coach Dugas stressed mental toughness every day.

DOUG DONLEY

The Ohio State University, 1978-1980
Left Ohio State as all-time leading receiver

When you get knocked down, you get up and go again. --Woody Hayes

DR. WILLIAM A. WELKER

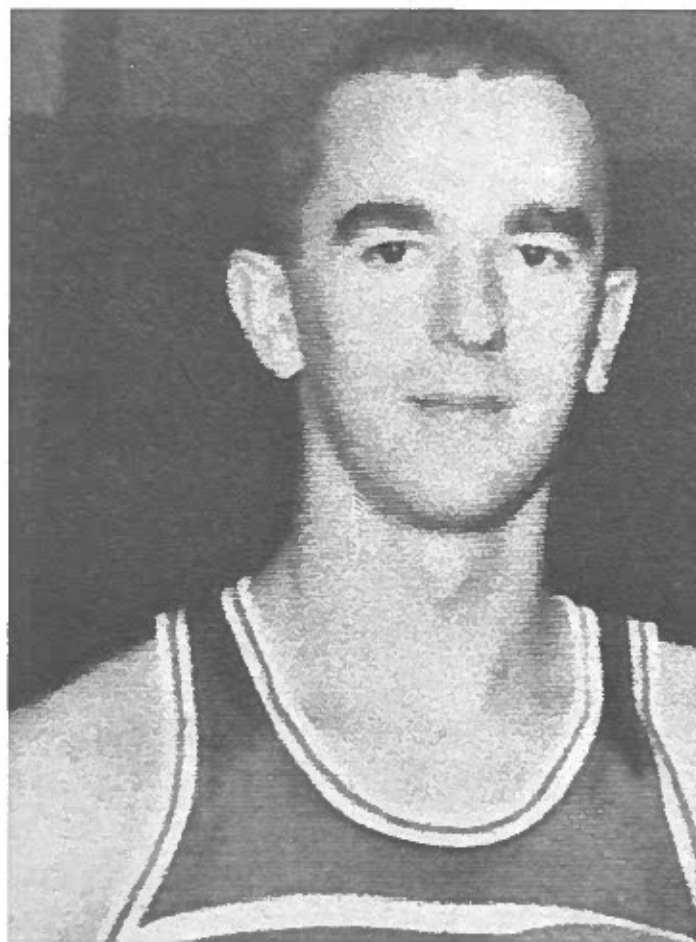
Pennsylvania Interscholastic Athletic
Association State Wrestling Champion - 1963

Do it because they said you couldn't.

JIM BROWN

Martins Ferry High School
The Ohio State University; full scholarship in
golf and basketball

My dad always told me to be mentally tough, be prepared, and play with confidence. Never quit and play until the final whistle blows.



ROY "AL" GLITCH

The "Voice" of the OVAC, 2012
 Bridgeport Wall of Fame, 2013
 OVAC Hall of Fame, 2019

In the spring of 1969, the Bridgeport Bulldogs were having a great baseball season, after playing for the State championship in basketball a few months before. (Bridgeport lost that game to Arcanum High School.) Mike Rose and Gary Zelinski were outstanding coaches and worked extremely hard to get to that State championship game. The coaches were dedicated about improving our performance; we would practice for hours on hitting, fielding, and our intelligence about the game. We were also trying to be tough throughout every game. Mental toughness allowed us to reach the championship game at the end of the season. We lost the game by the score of 1-0 in nine innings. One of our players bunted into a double play; the ball was almost on the ground and game over. However our coaches, our players, and our fans were all proud of our great season. Mental toughness and dedication allowed us to achieve another runner-up State title.

BERNIE THOMPSON

Union Local High School
 Football Coach

After high school, I knew I wanted to continue playing this game that I loved dearly. With no college scholarship offers, I took a visit to a small college in western Pennsylvania. That is where I met the next head coach that would impact me in a major way, Waynesburg University's Rick Shepas. Coach Shepas, who played for coach Jim Tressel at Youngstown State, was the fiercest coach yet. Coach embodied the Youngstown hard-nosed mentality and prided himself on his leadership and mental toughness. His team carried that same mentality and went on to have the winningest four-year stretch in school history, ending it with a memorable overtime win versus archrival, Washington and Jefferson. To say Coach Shepas had an impact on me, would be an understatement.

DAVE BRUNEY

Martins Ferry High School
 Retired Football Coach
 Nine Time District Coach-of-the-Year

Mental is to physical as three is to one.

-Napoleon



Define Mental Toughness

JAY CIRCOSTA

Woodsfield/Monroe Central Football Coach
6 Undefeated Seasons, 14 OVAC
Championships, 22 Pioneer Valley Conference
Championships

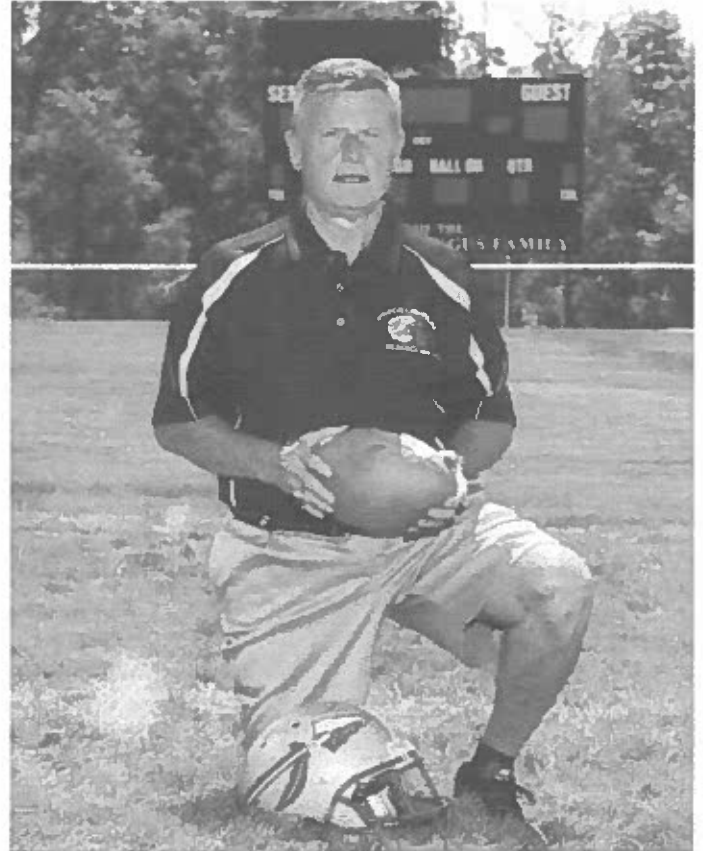
One thing we did was create a special locker room theme every year for each team. The Football Moms would put up a board on the wall with a theme for that year. The board would list all ten opponents plus room for Play-Off opponents. The moms would make smaller boards that were displayed in each player's locker. Each week, after defeating an opponent, the team selected a player, players, or coaches to put a special indicator over the team we had just defeated. The players got to keep the small board from their lockers at the end of the season.

Another motivational tool I used, on several special occasions, was without anyone knowing, I surprised the team with new game jerseys. When the team came into the locker room right before kickoff, I opened the box of new game jerseys, and the players went wild. Needless to say, we won every time I did it! For one game, I even had new jerseys and new pants.

LOU HOLTZ

27 Years coaching collegiate football
Career record: 216-95-7

Motivation is simple. You eliminate those who aren't motivated.



Describe the difference between motivating athletes today from ten years ago

MIKE SHERWOOD

Bellaire High School Hall of Fame
West Virginia University Hall of Fame

I had the opportunity to play and work for some outstanding coaches during high school and college. All of them had different ways to motivate and prepare a team. My high school coaches, Claire Cribbs and Don Ault, were both fiery coaches who were big on motivation through daily pep talks and pregame speeches. Along with that, both were excellent practice coaches, especially Coach Ault who was meticulous in his daily practice plans that left no detail unattended.

In college, I played for Jim Carlen and Bobby Bowden. I remember Coach Carlen telling us there would be no "rah rah speeches" and that it was up to each of us to have ourselves mentally prepared to play the game. I found the attention to detail from Coach Carlen and Coach Bowden to be of very high intensity.

After playing, I worked as a graduate assistant under Coach Bowden for three years and six years as an assistant under Don Ault at Bethany College and Hayden Buckley at Waynesburg. In all of these jobs, it was the continued focus to detail I had seen as a player.

It was because of these experiences that I saw what was the best way for me to motivate a team. It was through the attention to detail and constant practice repetition that players were able to develop a mindset that they were prepared and would not be surprised by anything the other team did, and, as a result, played with great confidence and enthusiasm. To me, detailed preparation and control of playing time were the best motivators.

GEORGE KOVALICK

Coached Hall of Famers John Havlicek, Joe Niekro, Phil Niekro, Bobby Douglas

Five rules necessary to become a champion:

1. *Good attitude*
2. *Physical conditioning*
3. *Have courage*
4. *Be intelligent*
5. *Master fundamentals*

[Taken from a speech given by George Kovalick at Bridgeport High School's all-sports banquet, 1964]

Add some motivational quotes used by your previous coaches

In high school, my older neighbor and local basketball star, Jim McCormick, scored 51 points in a game and nobody knew if it was a school record. Curiosity set in and I was on a mission to compile school records. I perused all the MHS yearbooks back to 1910, reached out to older coaches, school personnel, etc., and checked newspaper microfilm to determine McCormick had set a school record. Of course, that just whet my appetite for more record compilations not only on the MHS level but the Ohio Valley and West Virginia. McCormick later became a four-year regular at West Virginia University, a member of the WVU and OVAC Halls of Fame, and the only Blue Eagle ever drafted by the NBA.

In my junior year (1960), I read a wire service story in The Intelligencer about a player, Danny Heater, from tiny Burnsville, W.Va., scoring 135 points in a game and proclaiming it a "state record and probably a national record." There were no state or national record books or sources of such information, which ignited my interest and jump-started my never-ending search to fill those voids. By 1965, while at WVU, I compiled the first W.Va. state boys' basketball record listings which were distributed by the WVU Sports Information Office to media. By 1970, I had compiled the first-ever national high school boys' basketball records which were distributed over national United Press and Associated Press wires and in Letterman magazine, the nation's first national high school magazine. A few years later, I added state and national high school football record compilations and the exposure gained the attention of the National Federation of State High School Associations (then based in Chicago; now it's in Indianapolis). They contacted me about publishing a national all-sports record book and using my boys' basketball and football records as a foundation for the book, which came off the press in 1978.

MOTIVATION

When I retired full-time from The Intelligencer in December of 1999 (but continued to write a weekly, home-based column for 12 more years), I joined Student Sports, which became part of the ESPN high school coverage, and became editor of three more national record books for football and boys' basketball (LeBron James on one cover).

And all of this started when an OVAC Hall of Famer, Jim McCormick, broke a school scoring record which raised the curiosity of yours truly. If nothing else, it shows that no matter how challenging the task, one can focus on the goal and make it happen with dedicated hard work. It's been a fun, and satisfying, ride.



BOB BURTON

Paden City High School, 39 years basketball
554-327, Two State Championships

In developing a coaching philosophy, a coach should

- ❖ *Keep it simple*
- ❖ *Do what you do well*
- ❖ *Work hard on conditioning*
- ❖ *Each player should know his role*
- ❖ *Fear no team*
- ❖ *Know your opponents*
- ❖ *Respect officials*
- ❖ *Make practice fun but productive*
- ❖ *Break the game down into segments*
- ❖ *Respect other coaches*
- ❖ *Learn from mistakes*
- ❖ *Keep all players involved in drills. No player gets better watching.*
- ❖ *Scrimmage very little*
- ❖ *Finish every practice on a high note*
- ❖ *Foul shooting wins game. Work on it.*

ROSS IVKOVICH

Steubenville High School
OVAC Swimming Champions

I made it my policy that nobody will ever be cut from my teams. One of my best strategies was my development of a summer/fall program.

RON SMYTH

Edison High School
Retired Girls' Basketball Coach

First of all, successful coaches don't all fit a cookie cutter mold. What works for one may not work for another, but I think regardless of their style "good" coaches share some traits. Organization is very important. Practice must be organized. Short and long term goals can be undertaken in an efficient manner only if organized. Organization is also key when dealing with administration, booster groups, and in features we all hate, such as fund raising.

LINDA MYERS

OVAC Museum Committee
All-Star Football Game Committee

I have always been a hard worker who could not survive without organization. I am a list maker. If I have many irons in the fire (which I seem to have quite frequently), I function much better if I sit down and make a list of what I need to do. This organization of my thoughts and tasks helps me to accomplish what needs to be done. I do not like chaos and things out of order. I seem to be a person who has to do things in a systematic order.



PERSEVERANCE

RICK DeLUCA

OVAC Workhorse: Standings Commissioner, Director of volleyball and basketball championships

PERSEVERANCE is a word I learned early in life and have continued to build off that one single word.

When I was a young man in my late teens, I worked hard. Of course, the fact that I worked for my dad who had a slaughterhouse meant that working for my dad meant working hard. I was very young when I started. While other kids were playing after school, going on vacation in the summer, and enjoying time at the park or pool, I was cleaning out barns and salting hides. Believe me, both jobs were not only hard, but also taught you to accept that some odors are just there to ignore.

One of the hardest days working for my dad was the day the guy came to pick up hides. This guy didn't come every day or week or even month. He would show up in a tractor trailer about every three or four months. That meant loading 400 to 600 beef hides and tons of calf skins and lamb pelts. It was an all-day project. Unfortunately, we had to load the beef hides first. They were very heavy and we had to drag them to the front of the truck. Keep in mind, the guy counting wasn't dragging hides, just counting, and he didn't like us taking breaks.

As the years went on, I got older and stronger, but the job didn't get any easier. It wasn't until this guy from Columbus would start driving his own truck to pick up the hides that things got a little easier. The lift gate helped, but making monthly trips was much better for reducing the number we loaded each time.

Another thing about that old man, he never seemed to be in a hurry. It was down to my friend who worked with me and myself who loaded the hides, and he was fine if we took a break now and then.

Breaks were good for catching your breath, but it was also a good time for this old

timer to hand us some of his wisdom. I know that today, young people may not listen to older people as much, but we did, and he always gave us good advice.

One day, I asked him what one word would he say was the most important to follow to survive and succeed. I asked him if I were to hang a sign on my wall with one word that is the most important word in my life...what would it be.

He wasted absolutely no time in saying PERSEVERANCE. He said that if you have perseverance and really develop that trait, you will be fine. I asked him about a few others that I thought he would have said and he told me that without perseverance the other words really didn't mean much.

That was a long time ago and to this day I believe in the importance of that one word. As my life went on, it was perseverance that carried me through a lot of tough situations. Today, I use phrases like "it is what it is" or "I'll get there when I get there." Most importantly, I've learned that to survive through life you need to persevere through some pretty nasty events. You will need to put up with failure, but persevere by getting back up. You get a doable job done by keeping at it.

We've all had downsides in our lives. I lost my dad to a massive heart attack, my mother to Alzheimer's, my wife to cancer, and friends along the way. I've lost jobs and businesses, had two heart attacks and a quadruple bypass. But despite all of that, I persevered.

I guess that when you look at this Conference, the people who built it, the people who were successful in it, there is a story of perseverance. Grew up poor. Lost their parents and had to help raise their brothers and sisters. They all persevered through their problems and the situations they were thrown into to accomplish something that proved meaningful to others and to themselves.

Giving up may be the easy way out, but if you truly want to get through bad times or a bad situation, quitting is not the path you should take.

PERSEVERANCE

DR. SAMUEL JOHNSON

English Critic, Biographer, Poet, Essayist
1709 - 1784

Great works are performed, not by strength, but by perseverance.

RON MAUCK

Namesake of OVAC Ron Mauck Wrestling
Tournament

Even as coach, I learned from my wrestlers as well. Foremost of the mat men was John Craig. John never competed in any sport in high school until he came out for wrestling his senior year. He was a quick learner and actually defeated a number of experienced wrestlers his first year on the mats.

But that was only the tip of the iceberg. At West Liberty State College he became a NAIA Finalist and then, as a coach at Steubenville and Winterville High Schools, he earned a reputation as one of the smartest mat mentors in the Conference, winning six OVAC Over-All Championships, the third winningest Conference coach – over shadowed by only two legendary coaches – George Kovalick and John “Corky” Vrotsos, both winning seven tournament championships.

John Craig taught me the true definition of perseverance and that hard work eventually pays off. I can still remember the first day John came out for wrestling.

He said, ‘Give me a chance’. I’m so glad I did.”

BEVERLY SILLS

American Operatic Soprano - 1929-2007

There are no shortcuts to anyplace worth going.

LINDA MYERS

OVAC Hall of Fame
Former Director Queen of Queens

I am a believer that time is a great healer. When issues arise that seem devastating, it is best to take a step back and give the issue some time. This gives a person time to reflect, think, and perhaps come up with a solution.



As a coach, how important is the 24-hour rule?

DR. VINCE MONSEAU

1983 Mr. Mat

Bob Starkey (Weir, Oak Glen, Shepherd University) would remind athletes that "when you whip a thoroughbred, it will respond with every ounce of strength it has. But when you whip a jackass, all it does is balk. Which one are you?"

JIM DICARLO

Wintersville, Indian Creek, Steubenville Catholic,
Brooke Softball Coach 536 - 186

I believe being positive and blue collar are two of the most important aspects of coaching. My motto is it's not the run you are down by but the extra runs that you give up when you hang your head and get down. These are the runs you lose by. Keep plugging away and good things will happen.

DAVE RIETHMILLER

The Linsly School, Girls Tennis Coach
14 OVAC Championships

In recent years I have begun to teach and emphasize mental skills more than ever. One's mental make up is particularly important in baseball and tennis. Working on a positive approach, confidence, visualization, being a "warrior" and "fighting" to the end, and, of course, having fun go a long way to maximum performance

POSITIVE MENTAL ATTITUDE

DOUG DONLEY

The Ohio State University
Co-Captain, All-Century Team

Your mind assumes the position of your body. --Woody Hayes. This is why every time Woody walked into the room, you sat straight up in your seat.

RENO SACCOCCIA

Steubenville High School Football Coach
401-80 over 39 years

You are what you think you are, not what others think of you.

Motivate players by showing them what they could be and expect no less than their best.

Why can you not be the next great Big Red player?

DAVE BRUNNEY

Martins Ferry High School
Retired Football Coach
Martins Ferry Hall of Fame, 2019

Positive mental attitude will allow you to live a happy life. It is all in your approach.

Why is it important to develop a positive mental attitude within your team?

PRACTICE

ROD JOHNSON

Cambridge High School, 7 years
OVAC Coach-of-the-Year nine times

I always made out a detailed daily practice schedule. It helped keep me organized and allowed my players to focus their energies and attention. I was also a firm believer in preparing season-long schedules for parents which detailed our day-to-day and week-by-week agendas by date and time. I would always have a parents' meeting prior to the start of each season to discuss expectations and distribute the schedules.

BOB MONTGOMERY

49 Years Coaching Baseball, 869-345
Third most wins in West Virginia History

We'd practice on the parking lot when inclement weather hit our field. Players had to be alert to survive. Coaches like practices; players like games. Practices were over in no time.

Inter-squad games were played in the parking lot even with rain and snow drifts.

We used live hitting in the gym with baseballs. Again, players had to be alert with balls coming off the walls. Time flew by in the gym.

JEFF SABATINO

Basketball Coach, Martins Ferry High School
13 Sectional Titles, 4 District Championships

Practice is the lifeblood of any team. Planning is paramount. Create a yearly, monthly, weekly, and daily plan. Practice is a privilege. Playing time is earned through practice. Everything you do counts—from the time you awaken until you go to sleep.



DOUG DONLEY

Cambridge High School
Drafted by Dallas Cowboys in second round

*Every day you get better or you get worse. You don't stay the same. --Woody Hayes
This drove me to get better every day and not take a day off.*

ROD JOHNSON

Varsity volleyball coach, 24 years
1989 Ohio State Champions, Coach-of-the-Year

Practices are best when there is little standing around. My goal for practices is to maximize the number of contacts each player would have. Practices should be designed to be high energy events, preparing players for interscholastic competition.

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
One of the driving forces of the Beast of the East

Drills and fundamentals are important ONLY if done correctly. Remember that:

D = Desire

R = Repetition

I = Instruct

L = Length

L = Love

S = Success

I allowed various tools to allow players to understand the objective of the drill. "Tell me, I forget; show me, I remember; involve me, I understand.

FRED HEATHERINGTON

Steubenville High School Baseball Coach
6 Regional Championships; 2 State runners-up

Never go over time in practice:

Get in;

Get busy;

Get out.

MEL STEPHENS

Wheeling Central Catholic Boys' Basketball
Current Record: 367-127 (19 years)

We have always tried to have our teams ready to compete in every game. This starts with an organized practice plan on what we want to work on every day. We do a lot of work on fundamentals and we want our guys to go extremely hard in practice (game speed). We think this helps them for game conditions.

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
Considered one of the best shortstops in Valley prep history

What I, as a coach, expected and demanded in practice consisted of making the practice session a game, whether we were working on speed, a specific drill, or situation. If the players couldn't take the pressure in practice, they may not be in a real game.

JERRY MAGISTRO

St. John Central Softball Coach, 19 years

The little things, the fundamentals. Doing things over and over until it becomes natural muscle memory, or second nature. I would ask them how they catch a ball. They would laugh and say with your glove. I'd say "No, with your eyes." Every practice I would say it over and over until they would be doing it in their sleep. I believe if you do all the little things correctly, you will be a good player. The saying 'Practice makes perfect' isn't my philosophy. It's a perfect practice make perfect.

PRACTICE**GARY REPELLA**

Steubenville High School
OVAC Hall of Fame

Abe [Bryan] realized that we needed an edge and our edge was physicality, toughness, and discipline, which were reflected in the brutal, hard-hitting practices he ran. We never practiced without pads and helmets. To my dismay, quarterbacks never wore red jerseys during practice, which means do not touch or tackle. We were fair game once the ball was snapped. Since our playbook was mostly limited to running plays, Abe focused on execution. In some cases, we would run the same play four or five times until the blocking scheme was carried out to Abe's satisfaction. On Monday, Tuesday, and Wednesday, it was full go from individual tackling and blocking drills to full go scrimmages. The only day of rest was the Thursday practice before the Friday night game.

How important is teaching fundamentals in practice at the high school level?

PREPARATION

MEL STEPHENS

Wheeling Central Catholic Boys' Basketball
Six State Championships

Once we get into the season, preparation becomes a key. We spend a lot of time as coaches scouting our opponents to try to give our team the best chance to be successful each and every game we play.

ED WEST

John Marshall Softball Coach
Current Record: 300-82

My philosophy in coaching has always been to be prepared, be organized, and have a plan. I spent more time preparing for practice than the actual time spent during practice. I have attended many coaching clinics throughout the years in both wrestling and softball just to hear some of the top college coaches in the nation explain their philosophies and teaching strategies. Coaching is an ongoing process and we can learn from each other.

JIM BROWN

Longest tenured golf coach in Ohio State and Big 10 history

I will get ready and perhaps my time will come.

BRETT McLEAN

St. Clairsville Football Coach
2012 Division IV Ohio State Runner-Up
Four Time Regional Runners-Up

Signs we would post in our locker room:

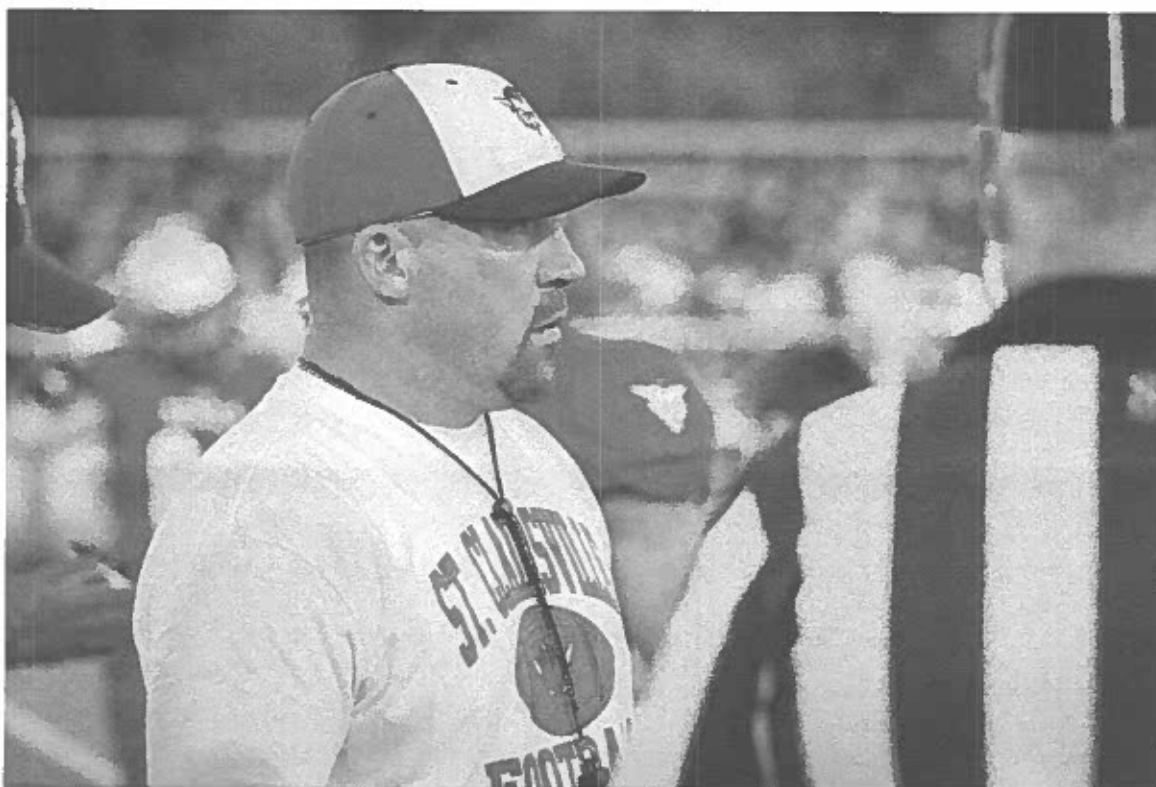
Learn something everyday

Always leave it better than you found it

Coaches are teachers and teachers are coaches

The Eyes of the Past are watching you

Good things will happen to good people



DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
Forty-two years coaching

Hubie Brown's Five P's: Proper Preparation Prevents Poor Performance

Our margin of error is so small that we can't lose anyone. Magnolia Pride. Do not do anything that will hurt the team.

We can only worry about the players who are here.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach, 45 years (284-135)

Have a plan and work your plan.

FRED HEATHERINGTON

Steubenville High School Baseball Coach
14 OVAC Championships, including 5 consecutive (1991-1995)

Every day in practice, you should review as many situations as possible. Be prepared for anything.

SUZIE DAILER

Wheeling Central Catholic High School
First Team All-State, 1988, 1990

In high school before every game, my Dad, Tom Dailer, would write me a letter of inspiration, and the last line always read: Play Hard and Have Fun.

MATT POWELL

Barnesville High School, 1990
First Team All-Ohio, D3 Player-of-the-Year
Second All-Time Leading Scorer, University of Rio Grande

The Key is NOT the will to win. Everybody has that. It is the will to prepare to win that is important. - Bobby Knight

DOUG HUFF

Charter Member of OVAC Hall of Fame and
OVAC Sports Museum committees

A saying I always liked: Luck comes when preparation meets opportunity.

GEORGE KOVALICK

West Liberty State College
NAIA Baseball Champions, 1964

It's necessary for an athlete to have sound fundamentals. It is best to do a few things well then not do a lot of things at all. It is necessary for a champion to master the techniques

DAVE RIETHMILLER

The Linsly School Reserve Girls Basketball
25 years

My first and foremost coaching philosophy is for my players to have fun. In close contests where players have a tendency to put a lot of pressure on themselves I like to remind them to have fun, smile, and enjoy the competition. Remember that it is just a game!



PRIDE

KIM CLIFFORD

St. Clairsville High School Basketball Coach
27 years, 372-234

Hubris: Excessive pride or self-confidence. Whether it is Sophocles ignoring the warnings of his demise in Oedipus Rex or Icarus who did not take heed and flew too close to the sun, the pitfalls of overconfidence have existed forever. Once a confidence level has been reached, it is a constant struggle to walk the fine line between confidence and freedom and overconfidence and anarchy on the hardwood.

RENO SACCOCCIA

Steubenville High School Football Coach
State Champions: 1984, 2005, 2006, 2017

Let the mirror judge you every day.

TERRY SNIVELY

OVAC Hall of Fame
River High School Wall of Fame

“Remember when you go out to play that game, you are representing your school, your family, and your community. So play hard and have fun.”

How realistic is Pat Summitt's quote in today's coaching world?

QUITTING

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
Five Time OVAC All-Star Football Coach (4-1)

One who never quits never loses.

DAVE RIETHMILLER

The Linsly School Girls' Tennis Coach
14 OVAC Championships

Linsly has a “no quit” policy that I really like. Once a player has committed to playing a particular sport, they must finish the season and are not allowed to quit. Quitting can become a nasty habit. It becomes easier to do each time you do it. First you quit a team, then school, then your job, then marriage, then life altogether! It is a great life lesson to have to stick to that commitment and see it out for the entire season regardless of any disappointments or frustration.

RESPONSIBILITY

PAT SUMMITT

University of Tennessee Women's Basketball Coach
Three NCAA National Championships in a row:
1996, 1997, 1998

If you don't want responsibility, don't sit in the big chair. . . The more successful you are, the more responsibility you must assume. Responsibility never ends. . . If you don't want to deal with problems, don't accept the job.

ROD JOHNSON

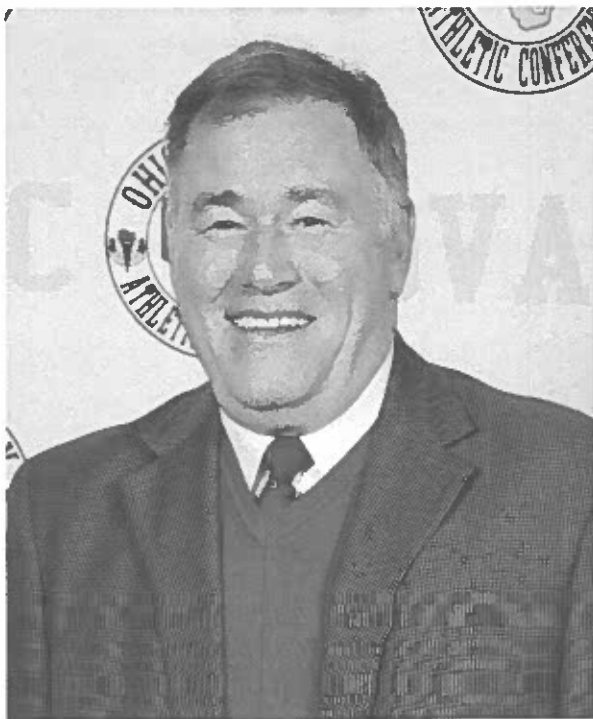
Cambridge High School, 7 years
OVAC Coach-of-the-Year nine times

Why are Saturday boys' basketball games played at night while girls are played in the morning or afternoon? I think it's a sexist tradition and have always lobbied my athletic directors for Saturday evening matches. My players have always played better at night after a good night's sleep and our athletic department always made more money with Saturday evening events. I also feel my players appreciated the "prime time" treatment they got when they played on a Saturday night.

MIKE YOUNG

Wheeling Central High School Football Coach
West Virginia State Champions, 8 years

My parents instilled in me moral values and respect for authority. My teachers and coaches were automatically looked up to. They were never challenged for their decisions and their integrity was never questioned. I grew up in an era of working hard, being honest, and where discipline was valued and appreciated.

**RESPECT****JERRY MAGISTRO**

St. John Central High School Softball Coach
Record to Date: 370 - 134

My dad always said to respect women and your elders. To this day I call my elders Mr., Mrs., and Coach. I carry that over to my coaching. I feel when you coach you try to treat everybody equally. My dad said treat people the way you want to be treated; that was a good life lesson. I had a grade school coach named Buzz Donahue. Mr. Donahue didn't care who you were or how good you were, he came down on you just as much as anyone else. I ended up coaching with him and he was my AD at St. John's. He was a big influence on my coaching, even today.

BRETT McLEAN

St. Clairsville Football Coach
Current Record: 167 - 59

I feel like the coaching profession has become extremely dynamic. I and my staff must reinvent ourselves over and over in order to stay in tune with the society these young athletes are growing up in. This can assist you in the player-coach relationship if you have an understanding of what your team's daily lives are like. I have always felt the athlete will be much easier to coach if they respect you, and the best way to make that happen is if they know you truly care about them. I have had a lot of great players and great people in my time at St. Clairsville.

ROLE MODEL

BRETT McLEAN

St. Clairsville Football Coach
OVAC Coach-of-the-Year, 2013
Four-Time Wheeling Intelligencer C-O-Y

A lot of people greatly impacted my coaching style today.

Mom and Dad: I was lucky to be raised by two of the hardest working people in the world. Dad was a steel worker and mom was an RN. Both worked long careers and instilled in me my work ethic, discipline, prioritization, and commitment.

Mac McLean (brother): It was easy being a little brother. I just wanted to follow in his footsteps.

Monica McLean (sister): I swear if I had any toughness it was because of her.

Paul "Bud" Billiard (Brooke HS HOF Coach): passion, love, organization, pride. How to develop players and manage a season, a team, and a program

Larry Kehres (Mount Union University Head Football Coach): LK taught me so much about competition, confidence, avoiding complacency, and professionalism

Jeff Wojtowicz (Mount Union DB Coach): Coach Woj inspired me to get into coaching high school. He instilled in me hustle, tireless effort, discipline, and over-preparation

Joe Nohra (Louisville St. Thomas Aquinas HS Coach): Joe gave me my first coaching job and taught me to let your coaches coach, trust the guys you hired, teach your coaches

John Magistro, Dave Bruney, Jake Olsavsky, Greg Bahen (former head coaches I coached against): I began my career as a head coach at 23 years old. For a while, I was the youngest head football coach in Ohio. I learned a lot from this short list of HOF coaches I began my career coaching against.

THEODOR MORELL

German Doctor and Philosopher - 1886-1948

The first great gift we can bestow upon others is a good example.

JERRY MAGISTRO

St. John Central High School Softball Coach
12 District Runners-Up; 1 District Championship

Discipline, hard work, commitment, attitude, and effort will carry over when you go for a job, raise a family, or whatever you try to do. A coach has a lot of influence on a kid, so you want to have a good influence and be a good role model in their lives. Teach them God and family first. I would tell them to always try to put yourself in someone else's place. Everyone should walk through a Children's Hospital once a month and see young children not even having the opportunity to live a normal life or play sports. If you don't come out of there with tears in your eyes, then you're not much of a person. Don't complain, make excuses, or pout if you don't get your way. There is no better feeling in the world than when kids, boys or girls, come back to visit you and tell you the influence and impact you've had in their lives. When they've tell me they've never seen a guy who was so passionate or who coached with more heart than I did, no amount of wins or championships can ever mean as much as that. If a person doesn't have a passion for coaching and put their whole heart into it, then they are in it for the wrong reasons.

MIKE YOUNG

Wheeling Central High School Football Coach
161 - 49

I am a teacher and coach because of the love and respect that has been instilled in me by all those role models in my life. I hope I have given back to my students, players, and families all of the positive values that were bestowed upon me.

ROLE MODEL



BERNIE THOMPSON

Union Local High School
Football Coach

I believe that if you want to get the most out of life you must follow your heart and do what you feel is right and honorable. That's why it was easy for me to get into coaching once my playing days were over. I saw first-hand the impact that coaches can make on a young person's life. So now, as I sit in the same seat as the men I looked up to, I find an extreme amount of joy and responsibility. Joy, because I have the opportunity to help make a positive impact on young men and women. And a responsibility to develop young leaders who will excel in the classroom, communities and playing fields. My method with coaching football will never be about the X's and O's; instead it will be about instilling hard work, character, and leadership into my players so that when they leave our program, they are better men.

JEFF SABATINO

Multiple District 12, Eastern District, *Times Leader* Coach-of-the-Year Honors

Understand the awesome responsibility you are afforded to teach lessons and affect lives. I have often said that if scoring more points than the other team was our only goal, then we would be wasting opportunity and live a shallow existence.

SUZIE DAILER

Wheeling Central Catholic Hall of Fame, 2016
Atlantic 10 Conference Legend, 2017

In a world where you can be anything, BE KIND.

RENO SACCOCCIA

Steubenville High School Football Coach
OVAC Coach-of-the-Year: 1985, 1989, 2006, 2007, 2018

My dad had no childhood. He had nothing. But he gave his kids and our mom whatever we needed. Not WANTED, NEEDED! That has always inspired me. Give your players what they NEED, not what they WANT.

Make every decision based on what is best for the kid.

*in loco parentis. "in place of parents."
That's my belief.*

Who has been your greatest role model ? Why?

ROLE MODEL

TERRY SNIVELY

Retired Football/Basketball Coach
OVAC Football Coaches Hall of Fame

I had several people serve as role models during my career.

My football coach, Mike Matsakis, at Powhatan High School, became the first coach and teacher to influence my life. He was a strict disciplinarian who conditioned hard but always told it like it was.

Coach Melvin Balgo, my baseball coach and teacher, also became a mentor to me. He and Coach Matsakis were great supporters and attended many of my games at West Virginia University.

Coach Hayden Buckley, who recruited me to WVU, taught me not only how to be a defensive back but also about the important values in life. He was my dad away from home.

My head coach at WVU, Jim Carlen, was a religious man who also started the Fellowship of Christian Athletes. He asked me to speak at several churches and events about how God had influenced my life.

My very first coaching and teaching job was at Bellaire High School. Head coach Jake Olsavsky, a great man, certainly taught me the ins and outs of being a good teacher and coach. My fondest memories of Bellaire are all the hard core kids who took great pride in their school, their family, and their community. It was like family.

Another important person who helped me along this journey was my uncle, Tom Vichich, a long time teacher and coach in the Ohio Valley. Whenever I needed advice on anything, he was there.

My twenty-five years coaching at River High School were certainly influenced by all my assistant coaches. Their hard work and loyalty proved to not only build great friend-



ships but also created some of the greatest games I can remember. It was extra special to be able to coach my two sons, Mike and Matt.

I have to also include two very special men and veteran coaches at River High School: R.L. Potts and Martin Flannery. They gave me many words of wisdom. R.L. was the best at this. "Don't worry about what people say. The longer you coach, the thicker your skin gets."

One thing I do remember saying to all my athletes. "Remember when you go out to play that game, you are representing your school, your family, and your community. So play hard and have fun."

These are some of the very special people who influenced my coaching career. I often look back and realize how lucky I was to have had them in my life.

RON SMYTH

Edison High School
Retired Girls' Basketball Coach

High school coaches need to understand where they fit in the growth of young people both on their team and the opposition. There are ways to win with class without demoralizing the opposition. We've all seen coaches who run the score up on an outmanned team. In my opinion, coaches who do this are in the wrong profession. Many times coaches who feel the need to embarrass the opposition are insecure mostly because they were nothing "special" when they were younger and played themselves.

LARRY MARMIE

Barnesville High School
College/Professional Football Coach

I played high school football at Barnesville, graduating in 1960. My coach was Bob "Smoky" Wion, who is the reason I've been a football coach for fifty years.

He coached the "whole" person, not just the football player. He coached the top of the roster the same as the bottom. It did not matter where you ranked on the depth chart.

He expected your best and was a great motivator. The players did not want to disappoint him. He was only there for two years before he left for Martins Ferry, but he is a legend in Barnesville.

His favorite saying and the title of his book was "It's Gotta Hurt."

**ROLE MODEL****RON MAUCK**

Bridgeport High School
OVAC Mr. Mat Recipient, 1986

My moral and ethical mentor in high school and college was that unique man known as 'Coach K'. One of my most memorable experiences with the legendary coach, George Kovalick, is when a first team wrestler was injured. I took his place and actually wrestled one varsity match as team manager for Coach Kovalick as a 'Hilltopper' at West Liberty State College. Although I lost the match by 'riding time,' Coach K was very pleased with my performance.

LINDA MYERS

OVAC Hall of Fame
Retired Teacher, Ohio County Schools

Some things I have learned from my mom:

- 1. Sleep on it. Things are always better in the morning.*
- 2. Silence is golden and it speaks volumes.*
- 3. Work smarter, not harder.*
- 4. Use "Linda"lopes and put away money for a rainy day.*
- 5. Math is fun.*
- 6. She doesn't always like me but she ALWAYS loves me.*
- 7. First impressions count.*
- 8. Kill them with kindness.*
- 9. An ironed outfit is best.*
- 10. Santa IS real.*
- 11. This too shall pass.*
- 12. Patience.*
- 13. READ.*
- 14. Give it to God.*

She's the strongest woman I know. There's rarely a decision I don't seek her advice. And she is always there, through thick and thin.

Reflections from a daughter (Karen Myers Yocum) on Mother's Day.

ROLE MODEL

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
West Liberty State College Baseball Coach
500+ wins; 5 Conference Titles; Berth in 1990
NAIA World Series

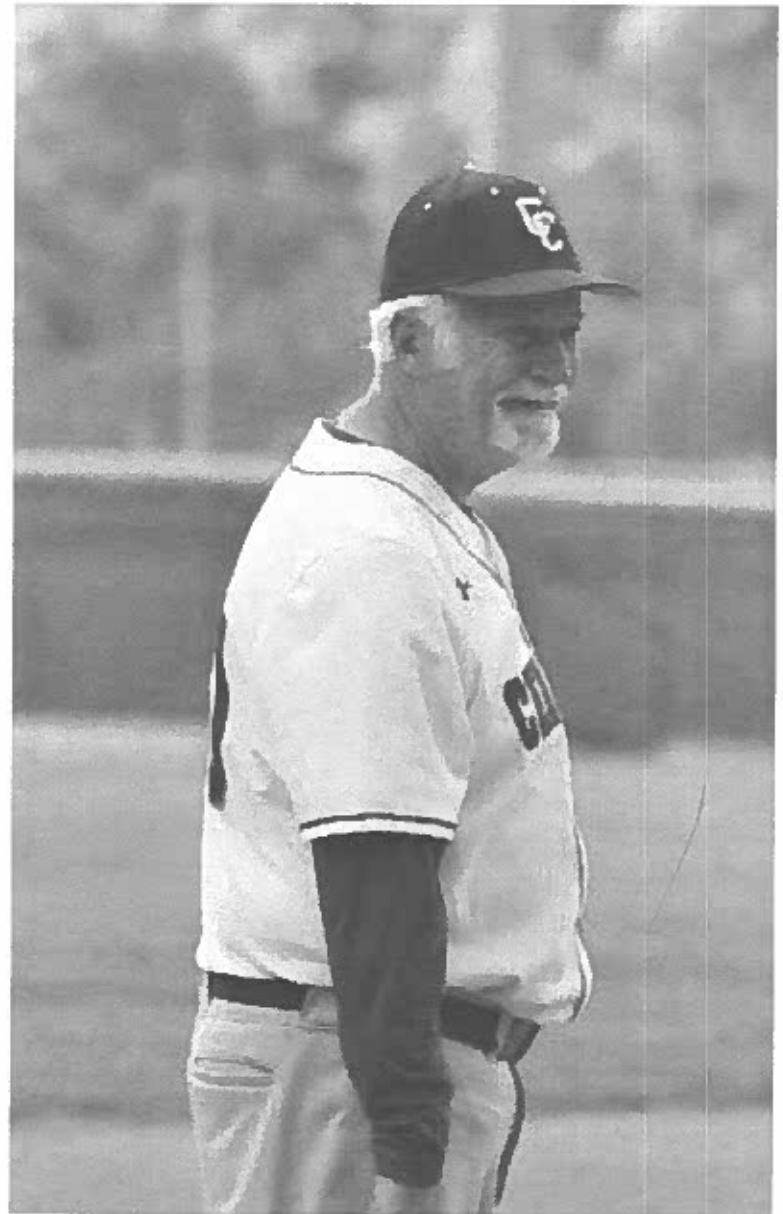
When you're growing up, you are influenced by your parents, teachers, and coaches. My best coach was my dad, Chibe McConnaughy, who told me: "If you are going to play, play hard in practice and the games. Play your best regardless of the team or the score. Be fair, honest, and confident." He taught the fundamentals and every situation that could or might happen in a game. I implemented this in every practice, so when game time rolled around, I was ready to play. What that did was make me react to the situation, so I was always thinking before the next pitch was thrown.

Some of your coaches have a big impact on the individual you become and the philosophy you have of coaching and life. The coaches who had the most impact on my life and coaching style were, first of all, my father, along with Earl Haberfield, Andy Urbanic, Jake Olsavsky, Lard Vitale, Tipper Zarnoch, Dave Waples, Tom Ackerman, Ed Martin, and Woody Smith. I took a little bit of each of their coaching philosophies and molded my own. They were all great men and coaches who were respectful, fair, honest, and very knowledgeable of the sport that they coached.

MEL STEPHENS

Wheeling Central Catholic Boys' Basketball
Thirteen OVAC Championships, including nine in a row

For the players, sacrifices have to be made. Time management becomes very important. They have to be able to balance school work and basketball. It is very demanding, but school comes first. They have to be mentally tough, as they will have lots of ups and downs during the year.



TOM TISHER

River High School
Retired Girls' Basketball Coach, 23 Years

In 1984, we were to play Steubenville Catholic for the Sectional at Coshocton, but a heavy snow moved the game to Shadyside. The gym was packed. In the fourth quarter of a very close game, Mark Miracle, my assistant, got my attention and pointed to the floor by the scorer's table.

Coach Dick Potts, River's highly successful boys' coach, was crawling on the floor, coming toward our bench. He had a piece of paper with a basketball play drawn on it. He handed it to me and said "Here, they won't be able to stop this," and crawled back to his seat. It looked like it was in Chinese and I couldn't make anything out of it. We ended up winning the game making five foul shots, 65-61.

I thanked Coach Potts after the game. He told me he wouldn't be able to make the next game in Coshocton so I would have to be on my own.

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
11 Regional Titles

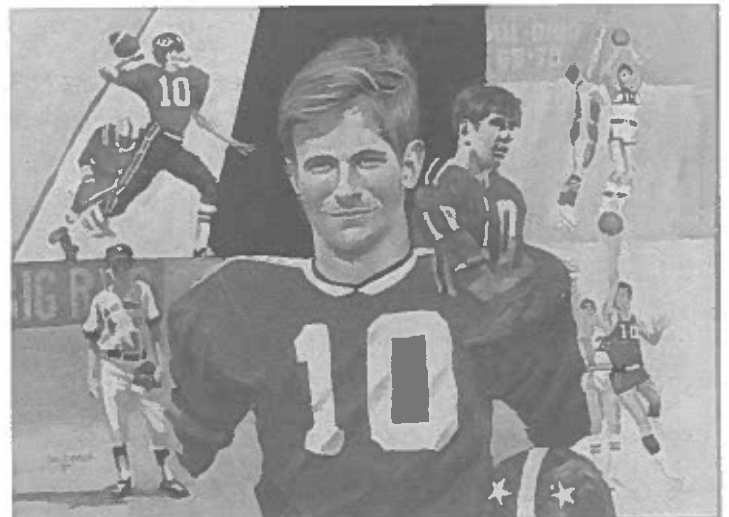
Some of the greatest moments in my career were winning the first State championship in 2000 with my son, David, on the team. David, who coaches at Morgantown High School, has now won two championships of his own. Then in 2003, we won another State title with my sons, Nathan and Daniel, on the team.

GARY REPELLA

Steubenville High School
The Ohio State University Basketball Team

I realized at an early age that our community treated athletes differently. The culture of Steubenville, as other steel mill/industrial towns up and down the valley, celebrated athletes who excelled on the football field, basketball court, and baseball field. The proof, as they say, is in the pudding and the pudding was the Wheeling Intelligencer's outstanding sports section. When I was 12 years old, I delivered the Intelligencer until my high school freshman year. When my bundle of papers was dropped off each morning, the first thing I did was read the sports section, checking up on the exploits of valley high school athletes.

The Intelligencer was read religiously in the steel mills and office buildings each morning. During school I would constantly daydream about playing like Ron "Fritz" Williams, Mike Sherwood, and John Havlicek. If Doug Huff, Bill Van Horne, Nick Bedway or Cliff McWilliams mentioned you, everybody in the Ohio Valley would know who you were. Those dedicated sports journalists were like personal public relations agents who spread your fame up and down the valley.



DOUG HUFF

Retired Sports Editor, Wheeling Intelligencer
21 Years

My interest in sportswriting was inspired by a childhood friend of my father, Jim Fair. Both grew up in rural Proctor in Wetzel County and had limited formal education. Mr. Fair, as a teenager, left home to pursue a dream of joining the sports media. After working in Huntington and Pittsburgh, he started a 40-year career with The Associated Press in New York City and as a sports correspondent for the Chicago Tribune before doing free lance work with Sports Illustrated, Life, and Esquire magazines. He also authored a book on boxing champion Harry Greb entitled "Give Him to the Angels." My father gave me his copy of the book when I was 12 years old and beginning my career with my hometown weekly paper. I was hooked on sports and sports writing and liked it so much I did it for over 60 years. I wanted to be Jim Fair--write sports for newspapers and national magazines and author books. I did all of that and never worked a day in my life because it was my passion to be a sports journalist.

My childhood friends wanted to be Bill Mazeroski or Phil Niekro in baseball, Jerry West or John Havlicek in basketball, or Sam Huff or Chuck Howley in football. I wanted to be Jim Fair and write about those athletes. I did and enjoyed a very satisfying career and life. I knew all those athletes, and many more, over the years. In fact, Sam Huff and I were inducted into the National High School Sports Hall of Fame the same year. I was the toastmaster in 1985 at the largest sports banquet ever held at Glessner Auditorium which honored John Havlicek and Phil Niekro. And I may be the only sportswriter who Jerry West asked to substitute for him when he was unable to travel from Los Angeles to Pittsburgh in 1992 for a banquet in this area which was honoring his long-time friend, Willie Akers. Jerry called my home and read his speech to me which I relayed to the banquet

audience.

When Jim Fair retired, he moved back home to New Martinsville and had a familiar face, and longtime friend, reportedly visit him three times. His friend was legendary actor James Cagney, who was spotted on Main Street at least once by local vendors. Jim Fair's final days were spent in Peterson Hospital in Wheeling, within walking distance of my home. A friend of mine told me the hospital workers were abuzz when letters arrived for Mr. Fair from James Cagney in Connecticut. If I had known Mr. Fair was in Peterson, I would have visited and thanked him for inspiring my career and reminded him of our only previous encounter.

That came when I was 12 or 13 years old. I was with my father when the three of us met on Main Street in New Martinsville. My father said to Mr. Fair, "Jim, I want you to meet my son, Douglas. He wants to be a sportswriter like you." Mr. Fair shook my hand and said, "Son, I wish you nothing but the best and hope you have as much fun as I did."

I did, Mr. Fair, I did.

ROSS STOLTZ

OVAC Hall of Fame

At one time operated 11 McDonald's franchises in the Ohio Valley

High School Football in Naponee, Nebraska, Class of 1965

One of the most memorable times of my youth was playing 6 or 8 man football for our Naponee High School football team. I, being only 135 pounds, was the center and defensive captain of both teams. When playing 6-man football, the center was able to take a pass. Our key extra point play was me snapping the ball back to our QB, taking 3 steps forward, and he would hit me right up the gut. Worked every time!

ROD JOHNSON

Varsity volleyball coach, 24 years
1989 Ohio State Champions, Coach-of-the-Year

I think successful high school sports programs are six-days-a-week endeavors. Extra practice time can only lead to improvement and occasional Saturday contests will make the program better in the long run.

JOHN WOODEN

UCLA Basketball Coach
10 NCAA Championships, 7 in a row

Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.

BUBBA KAPRAL

8 District Championships, 2 Regional Championships, 2 State Runners-Up

Coach Mike Sherwood, my college track coach, always stressed four things:

- ❖ *the importance of preparation;*
- ❖ *outworking your opponent;*
- ❖ *always doing the right thing;*
- ❖ *always handle yourself with class.*

I would never have won all my Conference championships without his advice.

RENO SACCOCCIA

Steubenville High School Football Coach
18 District Championships

Reading is the most important subject. If you can read and are willing to work your butt off, you will be successful.

Look for ways to be successful, not excuses why you failed.

BUBBA KAPRAL

27 OVAC Championships

Any successful coach is shaped by countless others. Success coaches are great thieves; we steal great ideas from other coaches. Successful coaches keep evolving.

DOUG DONLEY

Cambridge High School, The Ohio State University, Dallas Cowboys, Chicago Bears
President, Advantage Hole In One

I came up with an acronym from what I have learned from all my experiences and I believe is key to success.

BAM

B: *Believe in yourself. This is so important. You will fail, you will get knocked down, but you can't be afraid to fail. It's what makes you better, learning from those failures. Don't doubt yourself.*

A: *Attitude. It is so important to have a positive attitude. Focus on the positive; be grateful. Negativity sucks the life out of you. People love being around positive people.*

M: *Mental Toughness. I can't say enough about mental toughness. If you don't have it, you are going to struggle. Only the mentally strong can make it to the top. There will be days when you want to quit, and that is where your mental toughness kicks in. Quitting is not an option.*

DR. WILLIAM A. WELKER

Writer/Columnist - Mat Talk

Balance is the key to wrestling . . . and to life.

JEFF SABATINO

Two OVAC Championships
Six-Time OVAC All-Star Basketball Game Coach

Build your program. Program building allows for potential success every year. Developing a feeder program for elementary and junior high with skill development, team and character building, and fun is extremely important at that level.

DAVE TALLMAN

Magnolia High School Boys' Basketball Coach
Sixteen Sectional Titles

We tell our players: 32 minutes for a lifetime of memories.

**DOUG HUFF**

Board of Directors:
Football Writers' Association of America
National Sportscasters and Sports Writers Association

If someone asked me what I attribute to any life successes I've had, my answer would be two-fold: (1) The people in my life headed by wonderful, salt-of-the-earth parents; a caring, patient spouse and mother of our two children, who are forging their own successful lives along with six grandchildren; and (2) hard work, which makes up for a lot of shortcomings.

SUZIE DAILER

St. Bonaventure Hall of Fame, 2006
OVAC Hall of Fame, 2008

Be your best self.

Success (life) is a journey, not a destination.

RON MAUCK

Wrestling USA Magazine's West Virginia Wrestling Man-of-the-Year

I have been blessed and humbled by the many accolades I have received from my community, my profession, and my love of athletics, especially the sport of wrestling.

But even more so, I have been truly blessed with the love I have received from my devoted "best friend" in life – Mary Lou. She and I were further blessed with loving children and wonderful grandchildren.

I sincerely believe that success in life involves hard work, perseverance, and surrounding one's self with great individuals.

LINDA MYERS

OVAC Hall of Fame
Retired Teacher, Ohio County Schools

When I was teaching, I would tell my students there were two things they would definitely need to be able to do to be successful. One is to be able to communicate, both written and orally. The other is to be able to work with others. You may be in a situation where you have to work with a person who you don't like. That's all part of life. You get more with sugar than you do with vinegar.

DOUG HUFF

Secretary-Treasurer, West Virginia Sports Writers Association

A saying I always liked: Definition of success: Getting up one more time than you're knocked down.

KIM CLIFFORD

OHSBCA's Bob Arzen Award, 2014

We had three signs in our locker room:

Coming together is a beginning; staying together is progress; working together is success. -Henry Ford

The team making the fewest mistakes usually wins. -Bobby Knight

ONE OPPONENT

These three signs epitomize the importance of playing together, sharing, caring for each other, and, yes, loving each other as well as loving the task at hand.

The first sign speaks of the progression of unity. Once some unity occurs, it is time to concentrate on perfecting the task at hand as a unit.

The second sign emphasizes executing as a cohesive group.

The third sign emphasizes the need to stay focused. Players can't bring their parents and loved ones' complaints to the team. The players must stay loyal to both families, not disavowing either. Disagreeable calls, girlfriends, and peers cannot be another opponent to compete with. Trust must be the glue that holds the basketball family together. This trust is built by hanging out together, sharing success, and developing an "I got your back" attitude.

ROSS STOLTZ

OVAC Hall of Fame

Two Time Recipient of Ronald Award

None of us is as good as all of us. – Ray Kroc

JOE PEPE

Boys' Soccer, Brooke High School

36 years high school and travel soccer

Work as a team. There is no "I" in "team." When you score, we all score. We win and lose TOGETHER.

BOB MONTGOMERY

John Marshall High School Baseball Coach

Three Time Baseball Coach-of-the-Year

Five Time WV Coach-of-the-Year

Dapper Dan Man-of-the-Year

Every player started at least twice in the year. Every player played in about every game. We averaged fifteen players a game to the opponent's nine or ten. To sustain a program, we also had players returning with experience.

We were one of the few teams that had the word TEAM on our warmups. Together we can each achieve more.

JIM DICARLO

Multiple Eastern District Softball

Coach-of-the-Year

A team should be like family where every player is a friend to each other when you cross the line. If that's the case, then there's not much drama. You also have to make it fun.

If teamwork is so important to success, why don't most coaches list it as their number one goal?

TEAMWORK

MIKE YOUNG

Wheeling Central High School Football Coach
Dapper Dan Man-of-the-Year, 2007

I tell my players that it's not about ME, it's about WE, and about our family to improve on and off the field.

JEFF SABATINO

Earl Haberfield Coach's Award, 2017

Being part of a team means giving up part of yourself to be part of something much greater.

JAY CIRCOSTA

Halls of Fame: Minor Pro Football, OVAC, Ohio High School Football Coaches, Ohio Valley Football Coaches, West Liberty University

Probably, the most unique motivational tool that I used was an idea I got while attending a coaching clinic. It was a poem called "The Link" by Norm Parker. I was going through a display of books at the clinic when I found this poem. I felt it would be helpful in motivating our players to be good team members. After reading the poem, I went to the hardware store and bought a gold chain that had forty links, one for each member of the team. I separated the links from the chain and attached them to a laminated card with the poem on it. I placed them on each player's locker on the first day of practice. I talked to them about how important it was to do their part and stay together like a chain to make the team strong and successful. As the season went on, I noticed the players had bought into how important the concept of TEAM is to WINNING. The players started to carry their link on keychains and wear them on necklaces. The theme that year was "Every Link Counts." To this day, I still have my link on my keychain. I will always remember that special team.

BOB MONTGOMERY

John Marshall High School Baseball Coach
61 Years Refereeing Basketball
61 Years Umpiring Baseball Games

We were one of the few teams that travelled to and from the games on a school bus.

BRETT McLEAN

St. Clairsville Football Coach
Winningest Coach in School History

Our entire philosophy is that nothing we do is done solely by a single individual. The sport I coach and we play is the ultimate team game. Everything we do is done as a group with the greater good of the entire program in mind. Our coaches and players live this philosophy. This is a twenty-year plus tradition now at our school and most have bought in. I feel like you must have a core philosophy which guides you through anything and everything you encounter as a team or in life.

PAT SUMMITT

University of Tennessee Women's Basketball Coach
Eight NCAA National Championships

Teamwork is taught. You just don't lump a group of people in a room, call them a team, and expect them to behave like one. No organization will succeed without teamwork, no matter how many all-stars you have. . . . It's a matter of recognizing that your personal ambitions and the ambitions of the team are one and the same.

RENO SACCOCCIA

Steubenville High School Football Coach
15 Regional Championships

Be a great teammate. Win for your brother. We are "us." Not I, me, or mine.

The Link

*I carry a link in my pocket
A simple reminder to me
Of the fact that I am a team member
No matter where I may be.*

*This little link is not magic
Nor is it a good luck charm
It isn't meant to protect me
From every physical harm.
It's simply an understanding
Between my teammates and me.*

*When I put my hand in my pocket
To bring out a coin or key
The link is there to remind me
Of what a team member should be.*

*It links me to the team
It links me to the school
It is a constant reminder
That there is no place for a fool.*

*So I carry this link in my pocket
To remind me many a time
That a human without conviction
Isn't worth a simple dime.*

-Norm Parker

TEAMWORK

GARY REPELLA

Steubenville High School
The Ohio State University Basketball Team

In addition to the culture of the late 60's that I grew up in, the other main constant that contributed to Steubenville High School's athletic success was its ethnicity and diversity. We used to joke all of the time that Coach Bryan had no favorites and that he treated us all equally -- like dogs.

I practiced and played alongside of Italian teammates, Rich Deleonardis, Joe Beradelli and Ralph DiBacco; German teammates, Keith and Craig Misselwitz, Jeff Spahn; Afro American teammates, Reynard Horston, Robert Washington, Walter King, Henry Hill and Tommy Mitchell; Greek teammates, Jim and Mike Mavromatis; Serbian teammates, John Nodianos, Steve Malbasa, Sam and Bobby Radakovich and Jewish teammates, Harry Cohen and Jeff Kaplan.

Ethnic and racial prejudice or bias did not exist in Big Red athletics. We accepted and respected each other. We depended on each other. To me that is the greatest gift of team sports. A sports team brings together people of different persuasions. When a team is led by a great man like Abe Bryan, positive outcomes happen.

Successful teams such as the 1969 Big Red Football team not only realize this special bond but when you have a chance to experience it, "It" is one of the greatest feelings in the world.

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
Martins Ferry City Hall of Honor, 2022

Words and actions should always unite, never divide.

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
Drafted by Cincinnati Reds

My philosophy as a coach begins with the definition of TEAM:

T=TOGETHERNESS: *work together, care about each other, help each other become better*

E=EFFORT: *give everything you have, play like you practice, put forth the effort every day*

A=AMBITION: *have drive, desire, dedication, be willing to sacrifice to become better*

M=MATURE: *accept responsibility, don't make excuses, accept a defeat, be able to handle a tough loss, enjoy a victory, don't brag or boast, let your playing do the talking*

In a culture where athletes are being coached more by their parents, how do you develop the mindset of teamwork?

KIM CLIFFORD

St. Clairsville High School Basketball Coach
27 years, 372-234

If you fail to plan, plan to fail. Plan practice to the second, and when they don't complete it the way you want it done, move on and come back tomorrow. They don't have it that day. Try to get better in another phase of the game rather than practicing being a failure in that phase of the game. Practice does not make perfect. Perfect practice makes perfect.

BO McCONNAUGHY

Wheeling Central Catholic High School, 1966
1996 West Virginia Catholic Basketball
Champions

Rule #1 was BE ON TIME!

Practice started and ended at designated times. My players were required to arrive early enough to stretch, warm-up, and get ready for the practice session.

If they arrived early, they were on time.

If they arrived on time, they were late.

If they arrived late, they had a problem!

There were no missed practices without a valid and honest excuse.

JEFF SABATINO

Retired Basketball Coach, Martins Ferry
Career Record: 323-214

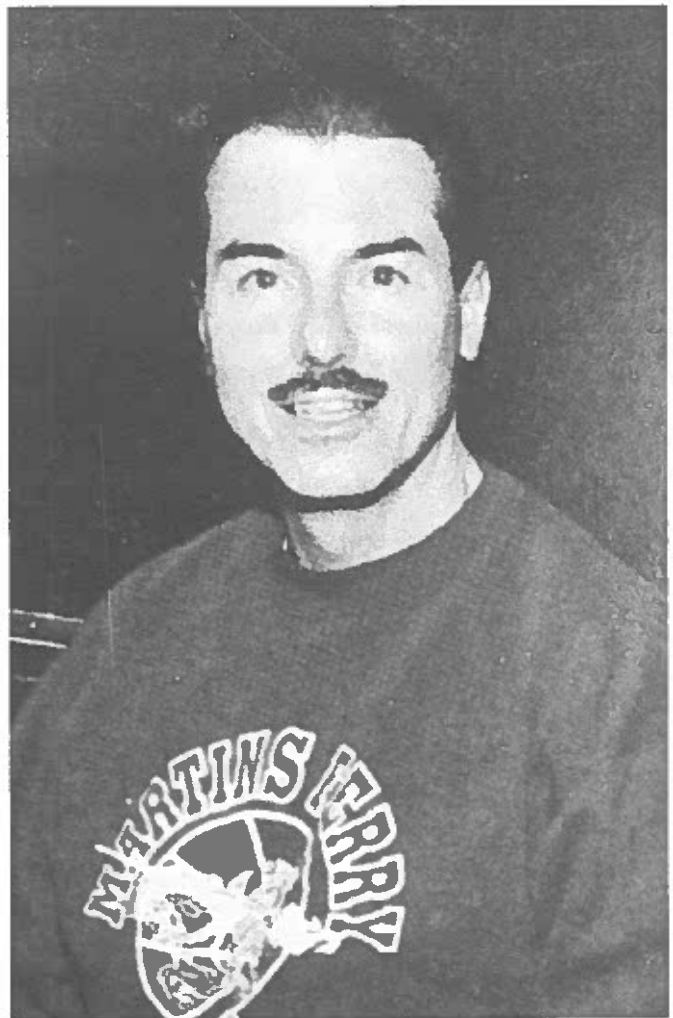
Time is precious. It's the only thing that is equal from person to person and from day to day. Use it wisely! The clock is the great equalizer when facing more talent. Time of possession is beneficial in a multitude of ways!

TRADITION

BOB STANKO

Steubenville Catholic Central Track Coach
Eight Girls' OVAC Championships

Andrew Connor taught me many things about how to be a good coach and I am very grateful for all he did to get me prepared to be a head coach. The main thing he stressed was putting the kids first and creating a tradition of appreciation and success. This would be the foundation to how I would evolve as a coach.



WINNING

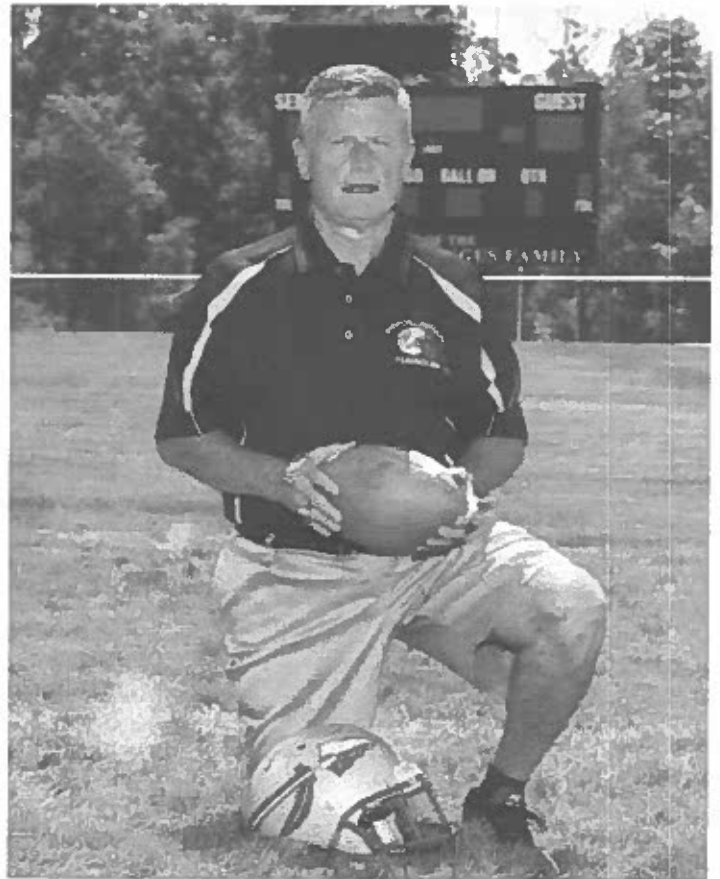
ROD JOHNSON

Buckeye Trail High School
District 12 Coach-of-the-Year, eight times

Part of my coaching psychology was getting my players to understand that continual improvement will eventually result in wins. "Even when you fall flat on your face, you're still moving forward." When we would lose, it was time to reflect on why, but more importantly, it was an opportunity to highlight areas in which we improved, both individually and collectively.



**In the grand scheme of things,
how important is winning?**



JAY CIRCOSTA

Woodsfield/Monroe Central Football Coach
Career Record: 336-148-5

We don't hope to win. . .

We don't just want to win. . .

We EXPECT to win.

And that's what we are going to do tonight.

DR. WILLIAM A. WELKER

Shamokin (PA) High School's All-Time Winnin-
gest Wrestler with 83 Victories

*If there's still time on the clock, there's still
time to win.*

DR. VINCE MONSEAU

Lettered in three sports at West Liberty: football,
wrestling, and track

*I tried to remind my athletes I coached to
always give 100% and winning will take care
of itself.*

Winners Are People Like You

Winners take chances.

Like everyone else, they fear failing, but they refuse to let fear control them.

Winners don't give up.

When life gets rough, they hang in until the going gets better.

Winners are flexible.

They realize there is more than one way and are willing to try others.

Winners don't blame fate for their failures nor luck for their successes.

Winners are patient.

They know a goal is only as worthy as the effort that's required to achieve it.

Winners are people like you.

They make this world a better place to be.

-Nancye Sims

WORK ETHIC

LARRY WINGET

"The Pitbull of Personal Development"
Author, No Time for Tact

It's not what you do, it's what you get done.

DR. VINCE MONSEAU

Former Wrestling Coach, West Liberty University

George Kovalick always preached to work hard and be as prepared as possible. He never went to practice without a practice plan or schedule. His practices were always well-organized. Those were two traits that I tried to emulate in my coaching career and in my life: Work hard, be prepared.

JOE PEPE

Boys' Soccer, Brooke High School
Ten OVAC Championships

I don't believe in gamers. How you practice is how you play. Show me that you want to be on the field.

FRED HEATHERINGTON

Steubenville High School Baseball Coach
18 twenty-win seasons

Be the best version of you every day.

MIKE SHERWOOD

Bellaire High School Quarterback
9-1, 20 TD passes, 73/110 passes (66.4%),
1400 yards, 4 interceptions

Hurry up and take your time.

-Coach Claire Cribbs

DAVE BRUNEY

Martins Ferry High School
Retired Football Coach
Minor League Pro Football Hall of Fame

The harder we work, the luckier we get.

BILL HINEGARDNER

National Wrestling Hall of Fame, 2004
OVAC Hall of Fame, 2007

I have been fortunate to work with the Ohio Valley Athletic Conference. The work ethic which we shared was unbelievable. People like Tom Rataiczak, Sam Mumley, Rudy Mumley, Ron Mauck, Dick Edge, Dan Doyle, and Bob Koch have been very special.

JERRY MAGISTRO

St. John Central, Martins Ferry Softball Coach
11 OVAC Championships

I think not just the kids need to have a good work ethic, but a coach also. You never want to cheat the kids. If I have a two hour practice, then I've coached for two hours. I tried to prepare them the best I could so when they played the game they felt prepared. If you lost, you said "we did the best we could".

RENO SACCOCCIA

Steubenville High School Football Coach
State Champions: 1984, 2005, 2006, 2017

We will outwork everyone. If we don't we don't deserve to win.

You think this workout is hard? Try losing.

If my average player can kick your average player's butt, we will win. In high school there are plenty more average players than great ones.

ROSS STOLTZ

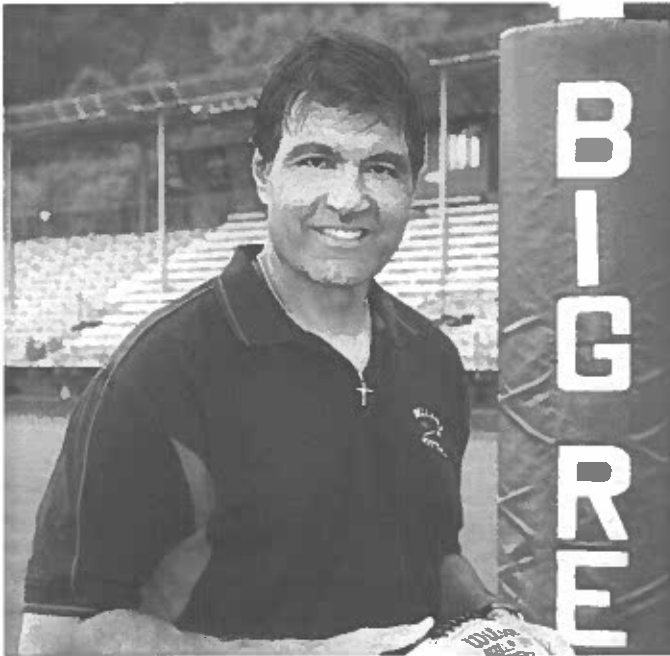
OVAC Hall of Fame
Ronald McDonald House Board of Directors

As long as you're green, you're growing. As soon as you're ripe, you start to rot.
- Ray Kroc

JOHN MAGISTRO

Five Times State Coach-of-the-Year
Eight Times District Coach-of-the-Year
OVAC Coach-of-the-Year

Don't EVER let anyone outwork you.



DOUG HUFF

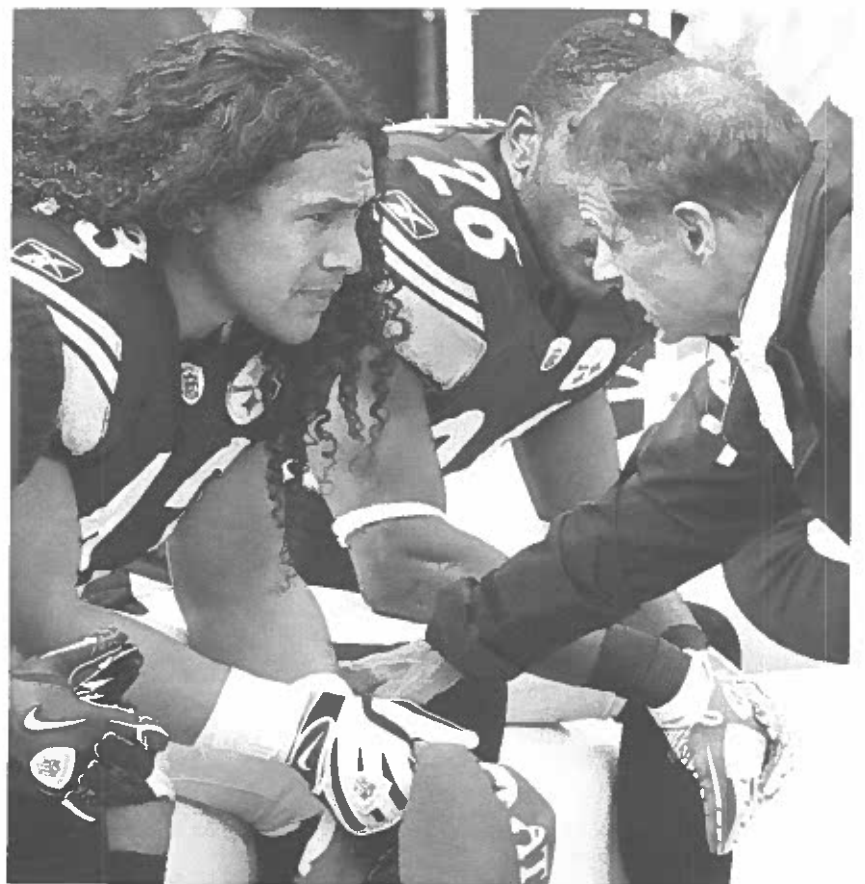
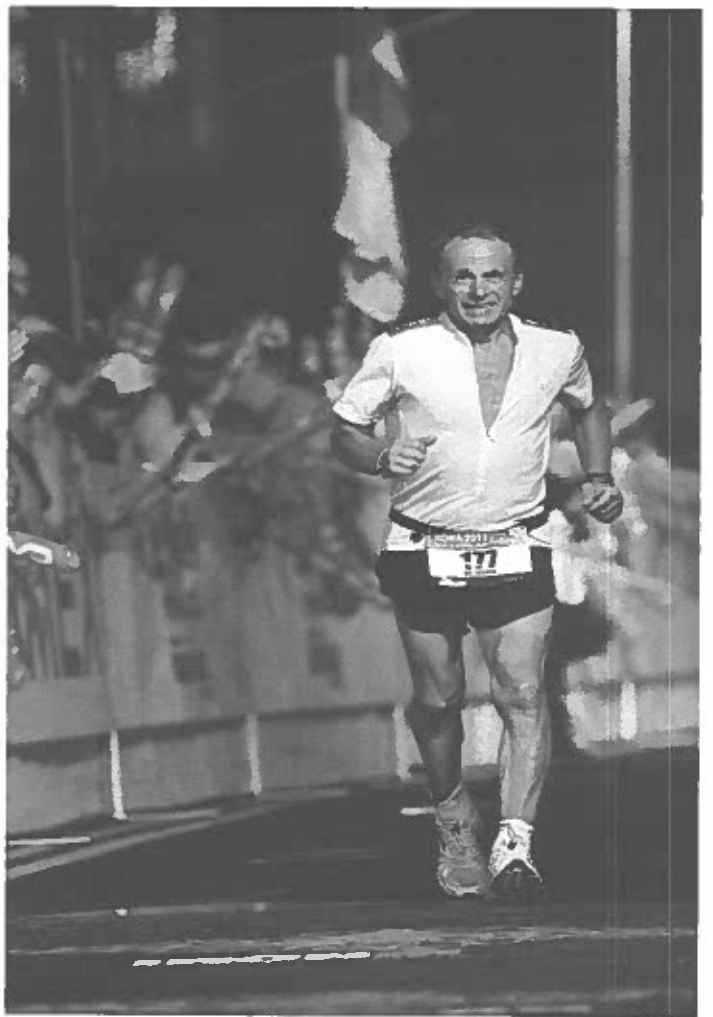
West Virginia University School of Journalism PI
Reed Life Achievement Award, 1999

"I have known Doug Huff professionally for more than twenty years. We have worked together closely on many projects. It's one thing to say that Doug knows more about the history of high school sports in the USA than anyone. His efforts as the unofficial keeper of the records are unsurpassed. But Doug is also totally dedicated to all that's good about high school sports. His dedication is complete, his judgment is sound, and his work ethic should be the standard by which everyone is judged. He is indeed, Mr. High School Sports. Everyone in the media knows that, there is no argument."

*--Bruce Weber, Publisher,
Scholastic Coach, 1998.*

How do you instill a work ethic in today's athletes when they have so many distractions facing them?

Joe Maroon as a player at Indiana University and competing in one of his eight Ironman competitions. As the neurosurgical consultant for the Pittsburgh Steelers for thirty years and the first neurosurgeon directly appointed in the NFL, Dr. Maroon consults with Ben Roethlisberger and Troy Polamalu



DR. JOSEPH C. MAROON

St. John High School, 1958
 Consulting Neurosurgeon for Pittsburgh Steelers
 Medical Director, WWE
 Scholastic All-American, Indiana University
 Competed on 80 triathlon and 8 Ironman
 Distance Races

My introduction to sports and life, I might add, was when I was at St. Anthony's grade school in the early 1950's and was coached by Dick Burnes, a former professional baseball player and nonpaid grade school football coach. At Perkins Field in Bridgeport, Ohio, I learned very early on that the most important principle of learning and success was "when you fall, get up." Clearly adversity in sports and life is the best teacher. Without it, we cannot develop resilience or the ability to overcome adversity and missteps.

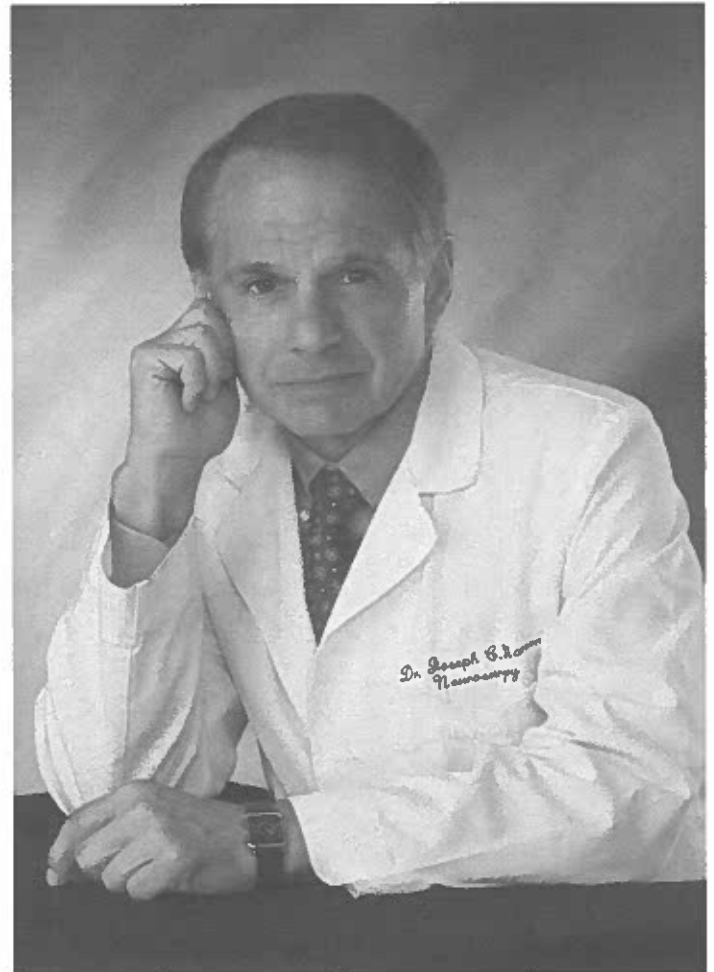
Subsequently, I learned at St. John's high school under coach Hen Healy and Lou Blumling that in addition, unselfishness, desire, and self-discipline were keys to success not only on the athletic fields but in every area of life. We won the OVAC championship with only 18 players on our team and had only 3 touchdowns scored against us all season. Quite a record for a rag tag team.

In the summer, I participated in American Legion baseball at Post 227 in Bridgeport. Participants with me were John Havlicek and Phil Niekro, both future Hall of Famers in basketball and baseball, AND all three of us are in the Lou Holtz Hall of Fame. I also began competing in Triathlons several decades ago and have completed 8 ironman Distance races, 5 in Hawaii for the world Championship, and recently won my age group triathlon in Florida - BUT I was the only one in my age group! None of us, at that time, had any inkling of where sports and the lessons we learned would take us.

I subsequently went to Indiana University on a football scholarship and had all of the same lessons reinforced at the college level.

General Douglas MacArthur, who was the commandant at West Point, had a plaque placed facing the playing fields of football, baseball, soccer, etc. that read: "On the fields of friendly strife are sown the seeds that on other days, other fields will bear the fruits of victory."

As a neurosurgeon for the last 50 years, those same lessons learned on the fields of friendly strife have enabled me to give back many times to my patients and friends in ways never dreamt possible while competing on the playing fields in the Ohio Valley.



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ADD YOUR OWN FAVORITE QUOTES

ADD YOUR OWN FAVORITE QUOTES

ABOUT THE AUTHOR

Thomas E. Rataiczak was born in 1946, the son of Zygmunt and Doreen Hemsley Rataiczak. He grew up on Breezy Point Farm, just outside of Bellaire, Ohio, and, with the exception of a half dozen years, has spent his entire life there.

He was educated in the Bellaire City Schools, being exposed to some of the finest teachers he ever encountered. His father also taught twenty-seven years in the same system, and his daughter retired in 2022 after thirty years, making three generations in the same system. Zyg retired from Bellaire in 1967 to join the State Department of Education, missing teaching with his son by one year. Otherwise there has been a Rataiczak on the faculty since 1938.

Upon graduation, he went to Lake Forest College (Illinois), then returned to West Liberty State College (West Virginia) to receive his BA Degree. In 1967, he began his teaching career at Bridgeport High School and, at the same time, married his high school sweetheart, Linda Sue Kahl.

In 1968, he returned to Bellaire High School where he spent the next thirty-one years until he retired in 1999. During this time he taught every subject in the English and social studies departments, advised the yearbook and newspaper, developed the school archives, started the sports foundation, established school records for all sports, and began keeping score for the boys' basketball team where he has worked over 2,109 consecutive reserve and varsity games.

Also during this time, he worked as a painter, ran a Christmas tree farm, and operated a print shop. In 1976, he received his Masters Degree in administration from West Virginia University, and built his first home on Breezy Point.

Upon retiring in 1999, he built his retirement home and became the Executive Secretary of the Ohio Valley Athletic Conference (OVAC), the largest functional high school conference in the United States.

Under his leadership, the Conference grew to 52 member schools, covering over five and a half thousand square miles in Ohio and West Virginia. Highlighting his tenure was the development of the OVAC Hall of Fame and the OVAC Sports Museum, located at WesBanco Arena in Wheeling, WV.

He has been inducted into the Bellaire High School Wall of Fame, the Bellaire Alumni Association Outstanding Service Award, and the OVAC Hall of Fame.

He also served as a member of the Bellaire Local School Board of Education for eight years and is an elder in the Rock Hill Presbyterian Church.

He and his wife Linda have two children: Sheri, a retired school teacher and owner of MacSnaps Photography in Bellaire; and Terry, owner of Kinetic Networking in Marietta. They also enjoy eleven grandchildren and one great grandson.



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OHIO VALLEY ATHLETIC CONFERENCE HALL OF FAME

ROW 13

ROW 12

ROW 11

ROW 10

ROW 9

ROW 8

ROW 7

ROW 6

