

# GAME ON.

## EPS COMMITMENT

Our District Theme this year is "To Boldly Go!" as we take the pivotal steps to ensure our students reach their full potential.

In Brené Brown's book, Dare to Lead, she challenges leaders to "Rumble with vulnerability", what does that look like?

- We don't tap out of hard conversations
- We don't tap out of feedback, giving it or receiving it
- We recognize our capacity; what we have to give, and what we don't have to give.

"Clear is kind; unclear is unkind" – Brené Brown"

## BEST PRACTICE

Review your Emergency Action Plan (EAP) with your team! Emergency Action Plans outline how to respond in an emergency. Be sure to have one for your facility and review it with your team so they know what to do in case a coach is in a medical emergency.

[EXAMPLE EAP](#)

## DATES TO NOTE:



...→ **9/7** EPS Night at the Aquasox, get tickets [HERE](#)

...→ **9/9** Middle School Football, Softball and XC start

...→ **9/12** Parent Square Coaches' training 4-5pm @ the CRC, [RSVP HERE](#)

...→ **9/17** Sno-King All Middle School sports (except Wrestling/Track) meeting @ Alderwood MS

## COACH SPOTLIGHT!

**RACHEL ZUPKE**

**EHS XC, CHS TRACK**

See page 2 to read about Rachel!

## RESOURCES:

- ☒ [High School coaches, Click here for Wesco Athletics for schedules and standings](#)
- ☒ [2024-2025 EPS Coach Handbook](#)
- ☒ [Click here to Join the WSCA- your membership is paid for by Everett Public Schools. Sign up by Oct. 15](#)
- ☒ [Click here for your Everett Coaches & Extra Curricular Association membership form](#)

## NEW!

WIAA passed an amendment to reduce the minimum practice requirements prior to contests for all high school sports except football. Please take a look at the link below to view the minimum practice days required for your sport. Reminder these only apply to high school, not middle school.

[CLICK HERE TO VIEW  
UPDATED MINIMUM  
PRACTICE REQUIREMENTS](#)

[CLICK HERE TO VIEW THE  
AUGUST ISSUE OF  
ENGAGE EVERETT](#)

# COACH SPOTLIGHT

## RACHEL ZUPKE

### EVERETT CROSS COUNTRY, CASCADE TRACK

#### What motivated you to become a high school coach?

"I had phenomenal coaches in high school and always knew that I wanted to make a positive impact on teenagers like they had done for me. Having someone walk with you in the ups and downs of season after season, push you past what you thought you could do, and teach you how to compete well because it results in life wins and not just race / game wins are all things I've carried with me into my own coaching. I also had so much fun with my teammates and as a coach myself now I know that was a reflection of how my coaches set and enforced the standard of the right kind of athletic culture.

When I took the helm somewhat last minute of the EHS track and field team years ago, those same coaches came alongside me, supported me, and cheered me on, further cementing what I had remembered about their incredible coaching in my high school days. At the most fundamental level, I've learned that God has planted in me a love of helping people do hard things in the outdoors, from my kids to my athletes to people I hike and mountain climb with and cross country and track and field fit right into that passion."



# RUN

#### How do you balance motherhood and coaching?

"I'm blessed with an incredibly supportive husband who recognizes that coaching is a calling for me, not just a paycheck. Since I started coaching before we had our children, he and I have re-evaluated my coaching commitments in light of my primary vocation of wife and mom with each addition (they're now 12, almost 10, almost 8!). That has meant changing levels of responsibility (head T&F at EHS to asst at CHS) or stepping away from some sports altogether (EHS girls basketball) so that I can continue in the sport I feel most called to coach (head XC at EHS). Homeschooling our kiddos also grants more flexibility with our family schedule than if I was juggling multiple school schedules with my coaching schedule. Our kids have grown up around EHS athletes (and now some CHS ones) and it has been fun watching them grow into little athletes themselves because they're inspired by the athletes I get to coach.."

#### Your athletes' camaraderie is evident during practices and events, how do you foster the environment that you've created for your athletes?

"I have an incredible coaching staff who are on board with the priorities I've laid out who bring energy, excitement, and encouragement from their unique perspectives on life and running. This fosters a family-like culture that we invite athletes to step into as they develop their own personal character as they follow the expectations of our team culture.

From the first day of the season, we emphasize every single athlete's value to the team, from the slowest JV runner to the fastest on varsity. We prioritize working hard while having fun, cheering one another on, and having great attitudes when facing adversity. People feel comfortable being themselves and putting forth their best because we reward and honor athletes for personal improvements and call out how that lifts the entire team. They seek to uphold our team culture standards, bring into line those who go astray, and genuinely work hard for one another. I remind them that it's not worth it if they're not having fun but to remember that it's fun to run fast."

