

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Jeff Cushman (Athlete)

All-State Football – 1962

President of ASB & Letterman's Club - 1962

Co-Captain of the First Conference Championship Football Team – 1962

Jeff Cushman was a member of the first graduating class at Cascade High School in 1963. From the first day of football practice in 1960, to the very last spring athletic competition in 1963, Jeff Cushman was the embodiment of the slogan "Orphans in '60, Champs in '62".

Ask any member of an athletic team, coaches, even students not involved in athletics, & they will tell you that Jeff Cushman was, without question, the leader of the Cascade athletes. A member of the "1960's All-Decade Football Team", as the starting quarterback, Jeff stood out among his peers as the quiet yet motivating athlete that everyone looked to for strength.

Jeff was a three-sport letterman (football, basketball & baseball). He excelled in all three sports; but his passion was football. Jeff served as co-captain of the undefeated (8-0-1) and first conference championship team in the fall of 1962, and was the co-captain his junior year as well. The 1962 team finished third in the United Press International Poll (There were no state play-offs).

Jeff was an All-State choice for quarterback, who received a full four-year scholarship to play football at the University of Washington. He was also Cascade's first Walsh-Platt winner in 1963. A second team All-State defensive back his junior year, Jeff played both sides of the ball throughout his high school career.

Jeff received a total of nine athletic letters. Athletes and coaches considered him "Mr. Composure". Excelling in athletics wasn't Jeff's only contribution to Cascade. He also served as ASB president his sophomore year and was a member of the student council all three years. Jeff was the Letterman's Club (Big C) president his junior and senior year, and a member of the National Honor Society for three years. In addition, Jeff Cushman graduated from Cascade High School with a cumulative grade point average of 3.86.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Charlie Cobb (Coach)

Teacher/Coach – 1976-2001

Department Head – 1987-2001

State Titles – 1995 & 2001

Charlie Cobb came to Cascade High School in 1976. He was hired to teach physical education, health, leadership, and to serve as Reg Scodeller's varsity assistant basketball coach. He was the head boys' basketball coach from 1979 to 1994. During that time, his teams won two Wesco titles ('92 & '93), one Northwest District titles ('86), and finished fourth place in the 1986 AAA State Championship. This was the highest finish by a boys' basketball team in Cascade's school history.

Charlie was active in basketball at the state level as well. He served on the Washington State Basketball Coaches' Association Board for six years, vice-president of the WSBCA for two years, and president for four years. In recognition for all his contributions to boys' basketball in this state, Charlie was inducted into the Washington State Basketball Coaches' Hall of Fame in 2000.

Charlie also enjoyed considerable success as the varsity boys' tennis coach (1996-2000), where he won three Wesco titles ('98, '99 & 2000), and won the AAA State Boys' Tennis Championship in the spring of 2001. This was during Charlie's last school year at Cascade High School. He also co-coached the girls' tennis team to a AAA state team championship in 1995. It remains the school's only girls' state championship in tennis.

In his twenty-five year career at Cascade (1976-2001), the former Vietnam veteran wore many hats as a coach, teacher, mentor, physical education department chairman ('87-2001), graduation chairman ('84-2001), and administrator his last three years ('98-2001). There wasn't a task or challenge that Charlie wouldn't take on and conquer.

Both creative and innovative in his approaches to coaching and teaching, Charlie always tried to find ways to improve athletic performance on the field, as well as student performance in the classroom. He always led by example and helped make Cascade truly the "School of Pride".

Even in retirement, Charlie Cobb continues giving back to his school and community having served as the Everett School District Spring Sports Games Manager (2001-2003), as Administrator of the Snohomish County Boys' and Girls' Clubs (2003-2011), and currently as Facilitator for the Cal Ripkin Senior Foundation (CRSF), the Northwest Badges for Baseball Programs.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Neal Bartlett (Coach)

Head Wrestling Coach –1963

Head Football Coach – 1967-1970

Department Head – 1962-1978

Neal Bartlett graduated from Marysville High School in the spring of 1944. While in high school, he was a three-sport letterman in football, basketball and baseball. A three-year starter, Neal was captain of the football team. He also was the recipient of the “Best Blocker” award.

A World War II veteran, Neal continued his education and football at Everett Junior College following the war. He played guard and linebacker. His 1947 Everett Trojans team claimed the Junior College State Football Championship (10-0). They were ranked 5th in the national polls.

Following junior college, Neal attended Western Washington University’s College of Education on the G.I. Bill and a football scholarship. As a result of Neal’s gridiron accomplishments, he has already been inducted into the Everett Community College Hall of Fame, and the State Community College Sports Hall of Fame.

Neal came to Cascade High School when the school opened in the fall of 1962. A pioneer in the Bruin coaching ranks, Neal started the wrestling program in 1962. He served as head football coach from 1967 to 1970. Neal was part of a committee of coaches who chose the name for Cascade High School. Prior to the school’s opening, he was also one of the people responsible for establishing Cascade’s physical education facility.

Throughout his career at Cascade, Neal was a physical education/health teacher. He served as department head from 1962 to 1978. Prior to assigned positions, Neal assumed numerous responsibilities including duties as the school’s activities coordinator and athletic director.

In addition, Neal was the games manager for Cascade High School. He was responsible for organizing and managing league, district and state tournaments. This included the high school sports of basketball, wrestling and gymnastics. Neal also managed the Junior College State Basketball Championships at Cascade High School. He was known for his impeccable organizational skills. Neal’s tournaments were always well organized and efficiently run.

While at Cascade High School from 1962 to 1978, Neal was a humble servant who quietly went about his job. He wore many hats at Cascade High School. He started numerous jobs from scratch. During that time, Neal did not boast or brag. Firm but fair, he worked quietly for the betterment of kids. A first generation coach at Cascade High School, Neal was fully committed for twenty-eight years to his job as teacher, coach, department head and games manager.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Kelly Warren (Athlete)

School Record Holder – 1975-1988

Conference & District Champion - 1977

State & National Competitor – 1974-1981

Kelly Warren graduated from Cascade High School in 1978. During her years at Cascade, Kelly was a three-sport letterwoman (cross-country, gymnastics and track & field). She was also voted Captain and Most Inspirational in all three sports.

As a high school athlete, Kelly led her Cascade cross-country team to a second place team finish in the 1976 State Cross-Country Championships. She was the conference and district cross-country champion in 1977. Kelly finished fourth that year in the State Cross-Country Championships. She also claimed the State Junior Olympic Cross-Country Championship in '76 and '77. A two-time National qualifier, Kelly finished 18th in the Junior Olympic National Championships in 1977. During the spring of '78, Kelly claimed the 2-mile conference championship in track & field. Kelly's accomplishments led to her achieving All-American High School Athlete honors in track & field.

The past mile and 2-mile school record holder, Kelly was the first Cascade girl to letter and qualify for the State Cross-Country Championships four years in a row. While in high school, Kelly traveled to Europe with an American track & field team. While competing, she claimed a 2-mile championship on the European circuit. A member of the Dean's List, Kelly carried a cumulative grade point average above 3.0.

Following high school, Kelly received a full scholarship to compete for Spokane Community College. She was selected Captain and Most Inspirational ('78 & '79). Kelly won the NWAACC State Cross-Country Championship in 1978. Spokane Community College also claimed the team title with a score of 16 points (Fifteen points is the lowest score you can achieve.). While a member of Spokane Community College's Bigfoot cross-country/track & field team, Kelly competed in the National Championships both years. As a result, she is a member of Spokane Community College's Athletic Hall of Fame.

After receiving her two-year degree, Kelly continued her running at the University of Idaho where she competed in the National Cross-Country Championships for the Vandals. Kelly was voted Captain and Most Inspirational by her Vandal teammates in 1981. During the spring of '81, Kelly finished fifth in the 10,000 meter NCWSA Championships.

Following college, Kelly dominated the female road-racing scene in the Northwest (1980's-1990's). She was invited to run the marathon in Seattle's 1990 Goodwill Games. Kelly was a finalist for The Everett Herald's Woman of the Year in Sports in 1980.

Kelly's contributions to Cascade High School have been numerous. She has worked as a volunteer cross-country coach at Eisenhower Middle School and Cascade High School. Kelly has also been very involved in charity runs. Through events like The Big Climb for Leukemia, Kelly has raised thousands of dollars for cancer research.

A first generation Title IX athlete, Kelly remains a very humble individual who has always represented us well. She holds herself to the highest standards as a person. She looks for the good in others. Kelly Warren has found ways to continually give back to our community through the sport of distance running.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Lou Stevenson (Athlete)

Western Conference Football Champions (1963)

District Basketball Champions (1964)

All-Decade Football Team (1960's)

Lou Stevenson graduated from Cascade High School in 1964. During high school, Lou earned three varsity letters in football, basketball and baseball. A pivotal member of his teams, Lou started every varsity game in basketball and baseball, and all but two football games, throughout his high school career.

Lou was a player who led by example. Captain of the '64 basketball team, he was considered an excellent role model. Both the football and basketball teams voted Lou "Most Inspirational". Winner of the prestigious Walsh-Platt Award, Lou was recognized as "Most Athletic" by his graduating class. He added to his accomplishments by claiming a State Doubles Bowling Championship in 1964.

A distinguished athlete, Lou pushed himself academically as well. Carrying a 3.2 cumulative grade point average, Lou was a three-year member of the Honor Society. Recipient of the "Football Scholastic Award", Lou was also selected to Cascade High School's Hall of Fame. Charismatic and well-respected, Lou served as the Senior Class President.

Lou was one of eighteen players selected for the All-State Baseball team. Offered a Division 1 scholarship in basketball and baseball, Lou attended Seattle University. He played basketball (1965) and baseball (1965-1968). Lou was also a member of the Cheney Studs baseball team that claimed the Western International League Championship in 1966 and 1967. They placed 2nd in the National Tournament. Using his knowledge of baseball and eye for talent, Lou continued in the world of baseball as a part-time baseball scout for the San Diego Padres.

Following his successful collegiate career, Lou was determined to give back to his local community. Returning to Cascade in 1968, Lou taught and devoted countless hours as an assistant football coach (1968-1969), freshman basketball coach (1994-1997), and assistant baseball coach (1994-2000).

In these roles, Lou has motivated young athletes to achieve high standards academically and athletically. For decades, he has been positively influencing young people in the Everett community. Ask anyone who has worked with Coach Stevenson and they will tell you the positive impact he has made in their lives.

Not only was Lou Stevenson an outstanding representative of Cascade High School through sports, he was also an excellent role model for his peers. Through all his endeavors, Lou displayed nothing but the highest degree of character and integrity. Whether as an athlete, teacher or coach, Louie Stevenson has left a rich legacy to Cascade High School.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Grady Sizemore (Athlete)

First Team All-Conference (Football, Basketball & Baseball) – 1998-2000

First Team All-Area (Football, Basketball & Baseball) – 1998-2000

First Team All-State (Football & Baseball) – 1999-2000

A graduate of Cascade High School in 2000, Grady Sizemore was a noted scholar and standout athlete. Earning varsity letters in three sports, Grady served as co-captain his senior year and led his teams in winning the Wesco football championship (1997 & 1998) and Wesco basketball championship (2000).

A determined and skilled athlete with a work ethic to match, Grady was recognized as the Everett Herald's All-Area Defensive Player of the Year for football in 1999, the Everett Herald's and Seattle Times Baseball Player of the Year in 2000, and the Seattle Times Male Athlete of the Year in Snohomish County (2000). Furthermore, he was ranked 31st in the list of Baseball America's Top 100 Players in 2000.

Noted for his success on the athletic field, Grady excelled in the classroom as well. An Honor Roll graduate, Grady was proclaimed the Walsh Platt Winner in 2000, and the Everett Herald's Man-of-the-Year in Sports (2000). Grady also earned the Snohomish County Football Scholar-Athlete Award (1999), and the President's Education Award for Outstanding Academic Achievement.

Following high school, Grady was offered a football scholarship to the University of Washington; however, he followed his love for baseball and was drafted by the Montreal Expos in 2000. Named the MVP of the All-Star Futures Game and the Lou Boudreau Cleveland Indians Minor League Player of the Year in 2003, Grady continued to shine in the world of professional baseball.

In 2006, Grady was named the Cleveland Indians "Man of the Year" and led the American League in games played, runs scored and doubles. Off the field, Grady serves as a role model and inspiration to others. A three-time member of the MLB All-Star team, Grady was twice awarded the American League Golden Glove Award (2007 & 2008), as well as the American League Silver Slugger Award (2008).

Grady is also noted for being the first to hit a grand slam homerun in the new Yankee Stadium, which landed his bat in the MLB Hall of Fame. Winning the Golden Tomahawk Award for Good Sportsmanship, and his contributions to baseball on and off the field, Grady works hard to inspire today's youth to follow their dreams, even in the face of adversity.

Grady Sizemore's athletic contributions to Cascade are unmatched, leading him to a remarkable professional career in baseball. However, as a graduate of Cascade High School, Grady is remembered as a conscientious and dedicated scholar as well. A humble and unassuming young man, Grady Sizemore remains at the top of his class.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

Whitney Hooks (Athlete)

2-Time All-American (2005 & 2006)

4-Time First Team All-Conference (2003-2006)

6-Time State Champion (2003-2006)

Whitney Hooks graduated from Cascade High School in 2006. While in high school, Whitney competed in volleyball, basketball and track & field. In all, she earned nine varsity letters. Captain of all three sports, Whitney was the conference, district and state champion all four years during high school in the shot put. She also claimed two league, district and state titles in the discus. In all, Whitney claimed six state titles. She also received All-League honors in volleyball.

Whitney holds Cascade High School's track & field records in shot put (51'1.25") and discus (150'1"). She also set the state 4-kilo shot put record (51'1.25"). During high school, Whitney was a three-time shot put champion in the Meet of Champions (Washington vs. Oregon). She finished second her junior year (2005) in the Golden West National Track & Field Championships. It was the only time during Whitney's high school career she lost in the shot put. Whitney was also a two-time champion in the Arcadia Invitational, a prestigious track & field meet in Los Angeles.

A four-time First Team All-Conference athlete in the shot put, Whitney was also a two-time league champion, three-time district champion, and a three-time First Team All-Conference athlete in the discus. As a result, Whitney won the 2006 Walsh-Platt. Whitney was honored for her accomplishments in Track & Field News, as well as USA Today.

A two-time All-American while in high school (2005 & 2006), Whitney was a finalist for the Everett Herald's Woman of the Year in Sports in 2007. In 2009, the Everett Herald nominated Whitney for Female Athlete of the Decade. She finished runner-up.

Following high school, Whitney attended Cal State-Northridge. While competing for the Matadors, Whitney's team claimed the Conference Track & Field Championship four years in a row. Whitney claimed a third place finish in shot put in the League Championship.

A national qualifier, Whitney was a four-year letterwoman at Cal State-Northridge. After receiving a full-ride scholarship in track & field, Whitney competed five years. She majored in Sociology with a minor in Criminology. An incredible leader, Whitney Hooks remains one of the most dominant Bruin athletes in the history of Cascade High School. She still holds several meet records at prestigious track & field invitationals throughout the Northwest.

CASCADE HIGH SCHOOL'S SPORTS HALL OF FAME



2012 Inductee

The Henderson Family (Athletes/Coaches)

Conference Champions (1980's & 1990's)

State Champions (1980's & 1990's)

National Champions (1980's & 1990's)

The preeminent Bruin soccer family, Dick, Pat, Chris and Sean Henderson launched the Cascade High School soccer program into perennial conference champions; then, perennial state powers. The family had a profound hand in each of the school's three state soccer championships.

The Henderson influence in Bruin soccer lasted twenty years. Pat (class of '84), Chris (class of '89), Sean (class of '90) and their father, Dick, combined as players and coaches to account for eleven of the Bruins thirteen Wesco boys' soccer championships, twelve of the Bruins fifteen trips to state, and all three of the Bruin soccer state championships. In 1987, while Chris and Sean were players, 1989, while Chris and Sean were players and Dick was coach, and 1995, while Pat was coach, the Bruins claimed state titles. Overall, their state playoff record was 32 wins and 11 losses. During that time, they garnered three 1st place, three 2nd place, two 3rd place and two 4th place state finishes. These accomplishments account for many of the championship trophies that adorn the foyer of Cascade High School's gymnasium.

In the late '80's, Dick coached the boys' and girls' teams for five seasons. His boys' teams claimed five league titles and played in the state finals each season. His girls' teams won a league title and twice made the state playoffs. Through five seasons, Dick successfully guided the Bruins through the "Henderson playing era" to the "Henderson coaching era". He was very successful and well-respected by his coaching peers throughout the state. Dick handed his coaching reigns to son, Pat, in 1991.

During Pat's high school playing career, the boys' soccer team began a run of eleven consecutive conference championships and twelve consecutive trips to the state tournament. Serving as team captain, Pat played key roles in the Wesco titles and state meet appearances of the Bruin soccer program. Following high school, he continued his soccer on scholarship at San Diego State University. There he played in the NCAA Division 1 National Championship in '87. Pat returned to the Everett area to lead a new semi-professional soccer team, the Everett Bigfoot, as a player/coach. He also took over the reins of the Bruin boys' soccer program. Over the next eleven seasons, Pat's teams won three Wesco championships and a state championship in '95.

Chris and Sean established their own streak of state championship appearances for Cascade. Chris played in three and Sean in four state finals. They combined to help the Bruins claim state titles in 1987 and 1989. Chris and Sean were both high school All-Americans. Following high school, they attended college at UCLA. Both were members of the UCLA team

that won the NCAA Division 1 National Championship in 1990. In 1989, Chris was honored as the Gatorade National High School "Soccer Player of the Year". In 1990, Sean played in his fourth consecutive state high school championship game.

Chris played for the US national team seventy-nine times. He represented the USA at the 1990 World Cup in Italy. At age nineteen, Chris was the youngest player at the tournament. He played in the Barcelona Olympics in 1992. Currently, Chris is ranked 10th on the All-Time List for Assists by the US Men's National Soccer Team. He was an inaugural member of Major League Soccer in 1996. Playing eleven seasons, Chris was a three-time All-Star and an MLS champion with Kansas City in 2000. At his retirement in 2006, Chris held numerous MLS records including games, starts and minutes played. Chris is a member of the WIAA Hall of Fame and the Snohomish County Hall of Fame.

Sean, after winning four Wesco titles, playing in four state championship games, and appearing in four NCAA tournaments, played in the MLS for three seasons which included playing in the MLS championship game in 1997. In the inaugural season of MLS, Sean and Chris played for the Colorado Rapids. Sean was named the Colorado "Rookie-of-the-Year". He returned to Seattle to play with the pre-MLS Sounders. Sean retired in 2005.

For two decades, the names Dick, Pat, Chris & Sean Henderson were integral parts of Cascade's soccer dynasty. As athletes and coaches, their achievements have been unparalleled. They have been instrumental in establishing Cascade High School as one of the most respected soccer programs in the state of Washington.