



## CIF/CENTRAL COAST SECTION

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### **CENTRAL COAST SECTION COACHES HONORED BY COLLEAGUES: 2009 CCS FALL SPORTS HONOR COACHES SELECTED**

The Central Coast Section-CIF has announced the following recipients of the **2009 CCS Fall Sports Honor Coaches Awards:**

Boys Cross Country	<b>Mary Tuff</b> , Mills HS
Girls Cross Country	<b>Paul Armstrong</b> , Cupertino HS
Field Hockey	<b>Karin Mirassou</b> , Leigh HS
Football	<b>Ron DeMonner</b> , Fremont HS
Girls Golf	<b>Angie Papangellin</b> , Presentation HS
Girls Volleyball	<b>Ryan Cooling</b> , Presentation HS
Boys Water Polo	<b>Terry O'Donnell</b> , St. Francis HS
Girls Water Polo	<b>Gordon Smith</b> , Pioneer HS

These fine coaches were selected by their Central Coast Section colleagues to be recognized during the current 2009 Fall season.

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**Mary Tuff**, for the past three years, has been the Head Coach of the Cross Country Teams at Mills High School. Prior to her coaching at Mills, she coached the Cross Country Teams at San Mateo HS for 7 years, and Track and Field at Half Moon Bay HS for 4 years. Mary keeps active in the running world being a member of the New Balance Excelsior Track Club ( a junior distance running club), and being a Level I & II coach with USA Track and Field.

Her volunteer coach and individual athletes all say wonderful things about Mary's coaching. They all stress what an exceptional coach and person Mary is—dedicated, disciplined, supportive, enthusiastic and knowledgeable in the sport of cross country.

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**Paul Armstrong** has been the Girls Cross Country Coach at Cupertino High School for the last 8 years. Paul also coaches Cupertino's Track and Field teams and previously coached Track and Field at Prospect High School. He is an active member and webmaster for the Cupertino Athletic Boosters Club and also participates in Cupertino HS's renovation project.

Kami Tomberlain, Principal at Cupertino High School, says of Paul: "...Paul Armstrong sets high expectations for his athletes and holds them accountable for meeting those expectations. ...academic excellence and their sportsmanship are impeccable. That level of consistency is a hallmark of Mr. Armstrong's teams."

Cupertino HS Athletic Directors, Craig Ellegood and Lacey Berry, state, "Paul has proved to be responsible, competent and extremely dedicated to Cupertino and his athletes. ...Paul demonstrated and taught his athletes how to commit, organize, work and be successful...year after year."

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**Karin Mirassou** is in her ninth year of coaching Field Hockey at Leigh High School. She has also helped coach Varsity Softball, JV Soccer, JV Softball and JV Field Hockey for a combination of four years, all at Leigh HS. Outside of Leigh HS, Karin has been involved with the sport of Field Hockey: from 1997-2001, she coached summer field hockey camps run by UCB; 2000-2006, US Olympic development by Futures; 2002-04, summer field hockey camps by Stanford; and more recently, 2006-2009, summer field hockey camps by Leigh HS.

Karin has also put on Softball clinics at Leigh HS from 2005-2009; and been a volunteer coach for 6U SB team at Branham Hills.

Leigh HS's Athletic Director Chris Perry says of Karin: "Her calm demeanor and hard work ethic is positively responded to by all of the players who have the fortune of playing for her. ...Karin also possesses great character and integrity both of which I feel are of great importance when it comes to being a role model to the teenagers that are guided by her."

High accolades also come from members, coaches and friends of the Leigh HS Field Hockey coach, Karin Mirassou.

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**Ron De Monner** is presently in his fourth year of coaching Football at Fremont High School, returning to Fremont High School after coaching there from 1995-2000. He has coached football a total of 44 years, coaching Awalt HS, Mitty HS, Fremont HS (twice), San Jose State, Santa Clara University, Menlo College, San Jose Sabercats and the San Francisco Demons.

Fremont HS Principal, James Maxwell, states: "...His knowledge of the game and the way in which he encourages and inspires players to do their best is legendary. ...Ron's mission is to teach his players how to be successful in life, not just on the field. ...His intelligence, maturity, character, perseverance, dedication and passion are impressive and beyond reproach."

Former Fremont HS Principal Peggy Raun-Linde says: "...Working with some of the most at-risk students, Ron is able to shepherd these athletes through their responsibilities in school and life as well as teach them teamwork, commitment, respect, tenacity, and—of course—the game of football. ...believes that student behaviors and attitudes represent the school and reflect on all of us. He demands and receives appropriate and professional behaviors from his athletes by preparing them for what may come...and how to respond with dignity and grace. ...It is because of his knowledge of the game as well as his deep commitment to professionalism and teaching the lessons and values that serve students well on and off the field that Ron is successful."

Jason Townsend, Fremont HS's Athletic Director, says of Ron: "...Having worked with Ron daily for the last fifteen years I have come to observe a man who is tireless in his preparation and commitment to the game of football. This work ethic that he possesses is a catalyst for anyone associated with his football program. ...It doesn't matter if the student has not played previously, Ron looks to make a connection with a variety of students in hopes of touching their lives through the game of football. ...With an athletic program that has struggled and seen the turnover of many coaches in recent years, Ron showed many people that his ability to coach and succeed is second to none."

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**Angie Papangellin** has been the Girls Golf Coach at Presentation High School for the past 9 years. She also coached Girls Volleyball at Monta Vista HS. Aside from high school sports, Angie has been a member of the Board of Directors for the National HS Golf Coaches Association, Scholarship Administrator for the San Mateo Co. 4-H Scholarship Board, Co-Founder and Director of the Young Guns Junior Golf Club, and lead golf instructor for the Santa Clara Co. Girl Scouts Golf program.

Stacy Mallison, assistant Athletic Director at Presentation HS, says of Angie, "...She has an amazing ability to connect with her student-athletes with her caring and nurturing personality; additionally, she has an amazing ability to teach her student-athletes about the game of golf with her vast knowledge and ability as a golfer. ...It is very important to Angie that she teach the fundamentals of golf to her student-athletes; she also believes strongly in good sportsmanship, respect, and reinforcing the importance of a strong work ethic. ...She challenges her golfers every day to become a better person and a better golfer."

Presentation HS Vice Principal, Gloria Hernandez, states: "...Coach Angie is a master teacher of both the skills and lessons of golf and of life. She never 'coaches to win' but believes that success results from good preparation and a solid foundation. ...Coach Angie develops her players' self confidence and leadership at the same time challenging them to take personal responsibility for their development as players."

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**Ryan Cooling**, Athletic Director at Presentation High School, is in his fifth year of coaching Girls Volleyball at Presentation High School. He had previously coached VB at Menlo School, University of Texas and Aptos HS for the 7 years prior to coming to Presentation. He continues to be involved with the Dig 4 A Cure program --benefitting Breast Cancer awareness.

Gloria Hernandez, Assistant Vice Principal at Presentation HS, says of Ryan: "He is intensely competitive in the best sense of the word, working hard to bring out the best in the athletes, but always with their best interests at heart and never with a 'win at any cost' mentality. ...Ryan has maturity, balance, and great sense of humor which gives him a healthy perspective on athletics, both the wins and losses which he naturally communicates to 'the kids'. ...Ryan honors the game and continually works to foster a wholesome and balanced approach to athletics in our school community."

Other praiseworthy recommendations were submitted from student athletes and friends of Ryan Cooling, all recognizing Ryan's achievements in coaching volleyball and as a kind and caring person.

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**Terry O'Donnell** has been coaching the Boys Water Polo team at St. Francis HS since 1994. He also coaches Swimming and Basketball at St. Francis HS. Prior to coaching at St. Francis, he coached Water Polo at Arlington HS and Basketball at Jurapa Valley HS. Terry also directs and coaches Holy Cross Water Polo and the Stanford Water Polo Club.

St. Francis Athletic Director, Michael Pilawski, states: "...Whenever we are faced with a dilemma or difficult situations, Terry always reminds me to 'do what is best for our kids'. ...Terry is passionate. He truly loves our school and all that we stand for as an institution. ...As a coach, Terry is constantly working and mentoring younger coaches on his staff on proper techniques and ways to handle certain situations. ...This ability to truly teach and guide others is most evident for me every year. ...He has taught them about water polo, but more importantly about life..."

**Gordon Smith**, Pioneer HS's Girls Water Polo Coach, since 2000, also coaches Pioneer HS's Swimming teams. Prior to coming to Pioneer, he coached Water Polo and Swimming at Santa Clara HS. While not coaching Pioneer HS, he is the head swimming coach for the San Jose Aquatics group and previously coached water polo for the San Jose Aquatics Water Polo program.

Principal of Pioneer HS, Susan Walker, says of Gordon: "Selecting Gordon Smith, Gordy, as CCS Honor Coach for Water polo would be a tribute to what the award was designated to recognize and honor: coaches who do right by their players and on a grander scale, their students. Trustworthiness, respect, responsibility, fairness, caring and citizenship are the six core principles of sportsmanship and are also the basis for how Gordy interacts with his students, his student-athletes, and his colleagues."

Pioneer HS Athletic Director Mark Krail, states: "...His approach is always positive and one of support. He treats his opposing players and coaches with the respect that is expected of a CCS Honor coach. ...Gordy has always been a great sportsman and role model for our water polo girls. ...He is the perfect colleague, very easy to get along with, and eager to pitch in to get the job done. Not only is Gordy a respected colleague, but also a good friend."

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The **Central Coast Section Honor Coach Award** is presented to those coaches who their colleagues believe have made outstanding contributions to that sport at their school, within their League, in the community and to the CCS. At the time of nomination, they must be actively coaching and have been coaching their respective sport for a minimum of five years at the varsity level. Attributes considered are maintenance of professional standards of conduct, general service to the respective sport, outstanding coaching accomplishments, additional contributions to school and community, and being a role model and inspiration to athletes, coaches, teachers, administrators, parents and public.

**Paul Armstrong, Mary Tuff, Karin Mirassou, Ron De Monner, Angie Papangellin, Ryan Cooling, Terry O'Donnell, and Gordon Smith** were nominated by their respective High Schools as embodiments of these qualities. Fall Honor Coach Award recipients will be recognized at the CCS Board of Managers meeting at the Silicon Valley Holiday Inn on October 21, 2009.