2019-20 WINTER SPORT HONOR COACHES
SELECTED BY CENTRAL COAST SECTION COLLEAGUES

The Central Coast Section has announced recipients of the 2019-20 CCS Winter Sport Honor Coaches Awards:

- Boys Basketball - **Dan Powers**, Pacific Grove High School
- Girls Basketball - **LyRyan Russel**, Sacred Heart Cathedral Prep
- Boys Soccer - **Ken Anderson**, El Camino High School
- Girls Soccer - **Jose Navarrete**, Woodside High School
- Boys Wrestling - **Ken Pollastrini**, San Lorenzo Valley High School
- Girls Wrestling - **Fernando Flanagan**, Pioneer High School

*These exceptional coaches were selected by their Central Coast Section colleagues to be recognized during the current 2019-20 winter season.*

**Dan Powers, Boys Basketball** - Coach Powers has had tremendous success with the Breaker Boys Basketball program during his 17 years at Pacific Grove. During his tenure as head coach the past 13 years, his teams have won eight league titles and have made 13 CCS playoff appearances, including a CCS title in 2016. Coach Powers is an excellent classroom teacher and recently received the Golden Whistle Award for outstanding service to Pacific Grove and Monterey County. Congratulations Coach Dan Powers!

**LyRyan Russel, Girls Basketball** - LyRyan Russel has coached the Fightin’ Irish for the past eight years with considerable success. The two-time Bay Area Coach of the Year and Cal-hi Sports Coach of the Year has led Sacred Heart Cathedral to multiple WCAL, Nor-Cal titles as well as CIF State Championship appearances. Coach Russell’s 2015-16 squad won the Division 3 State title while his 2012-13 and 2017-18 teams finished as runner ups. Coach Russel serves on several Boards including the YMCA and the University of San Francisco’s Black Alumni and School of Education. Coach Russel is also the admissions counselor for Sacred Heart Cathedral. Congratulations Coach LyRyan Russel!
**Ken Anderson, Boys Soccer** - Coach Anderson is entering his 29th year as the boys varsity head coach, while also helping start the Colt’s girls soccer program as well. His teams have competed at a high level, making the Division 2 CCS finals in 2016. Coach Anderson serves as the PAL League Representative. His program has produced many positive, productive citizens, many who have returned to give back to the community. When not coaching, Coach Anderson is an Emergency Services Director for the South San Francisco Fire Department. Congratulations Coach Ken Anderson!

**Jose Navarrete, Girls Soccer** - Coach Navarrete has coached at Woodside High School for the past 22 seasons. During his tenure for the Wildcats, Coach Navarrete has amassed a winning record, along with multiple CCS titles, while producing high level players who have gone on to be successful at the collegiate level. Coach Navarrete is known for his dedication, commitment to caring and being compassionate about his program. He has truly left his mark on the Girls Soccer program. Congratulations Coach Jose Navarrete!

**Ken Pollastrini, Boys Wrestling** - Coach Pollastrini has coached football, softball, and baseball, but the sport of Boys Wrestling is where he has really excelled while at San Lorenzo Valley. The Cougars have produced over 40 SCCAL League Champions, almost 30 CCS medalists, 3 CCS Champions, and two state finalists, one of which won a state champion under. Coach Pollastrini emphasizes character, scholarship, and athletic achievement in that order. He has given himself tirelessly to his program and has made a huge difference in the sport, positively impacting the lives of many student athletes. Congratulations Ken Pollastrini!

**Fernando Flanagan, Girls Wrestling** - Coach Flanagan is a dedicated wrestling coach who uses the sport to teach his athletes lessons about life. Coach Flanagan emphasizes total student-athlete development on and off the mat. The young ladies and men he coaches respect him. It is also evident that the parents support him as well and appreciate the work he has done for the Pioneer Mustangs. Coach Flanagan is all in on motivating his wrestlers to be their very best. Congratulations Coach Fernando Flanagan!
The **Central Coast Section Honor Coach Award** is presented to those coaches whose 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 the public.

**Dan Powers, LyRyan Russel, Ken Anderson, Jose Navarrete, Ken Pollastrini, and Fernando Flanagan** were nominated by their respective high schools as embodiments of those qualities. Winter Sport Honor Coach Award recipients will be recognized at the CCS Championships in their respective sports.