

Colby graduate won't forget what he learned

By John Van Nostrand
Colby Free Press

As David Cassaw looks out on the Pacific Ocean, he can still see the support he had developing his coaching career among the ocean of wheat fields in northwest Kansas. Cassaw, a 1989 graduate of Colby High, won a state championship this year with the La Costa Canyon High boys basketball team. Cassaw teaches world history at the high school in Carlsbad, Calif., north of San Diego.

Cassaw's interest in coaching began on the court.

"When I was in high school I knew I wanted to teach and stay interested in basketball," he said.

Cassaw, 36, played multiple sports at Colby High and played basketball under coach Tom Bowen.

"I knew I wasn't good enough to play big time basketball," he said.

So rather be on the court, he gave the sidelines a try.

Cassaw attended Kansas State University in Manhattan. His first coaching job was as an assistant for the boys team at Blue Valley Randolph High School, located north of Manhattan. That's all it took.

"After being an assistant, I wanted to be a head coach," he said.

Cassaw started his drive west. In 1994, he accepted a teaching and coaching position at Golden Plains. It was purely coincidence Cassaw would move closer to Colby, where his family moved to in 1985 from Salina.

"It just worked out that way, being close to home," he said. "Mom was excited I was close to home and I had a brother still in high school."

After three years at Golden Plains, Cassaw was influenced to leave by his own desire and his wife. Cassaw's wife, Krista, was the cousin of David's roommate at Atwood. David and Krista have a 4-year-old daughter, Katy, and their second child is due later this year.

"When we decided to move, we threw it wide open," he said. "We were even considering other careers. I was at a point in my career to be ready to move, but I did like my years at Golden Plains."

They had vacationed in San Diego and the two were curious about the West Coast.

"Let's go to San Diego and see what happens," David said.

Despite his experience, Cassaw did not immediately find a teaching job and settled for substitute teaching, "the bottom of the barrel" he said. He said he sometimes misses the in-class relationship Golden Plains teachers can have with students because of the small class size.

His coaching interest was also not where he wanted it. He could only find an assistant football coach position.

"I was not thrilled," he said.

Cassaw's situation turned out to be a blessing.

Knowing football was not Cassaw's priority, another assistant football coach told Cassaw a new high school was about ready to open and was in need of coaches and teachers.

"It was just that coincidence," Cassaw said.

Cassaw was hired in 1997 by La Costa as junior varsity boys basketball coach. He worked with varsity head coach Tom Gorrell, who was once named the L.A. Times coach of the year.

"He was so well connected and exploited his resources," Cassaw said. "He was a pretty big influence on me."



CONTRIBUTED PHOTO

La Costa Canyon High boys coach David Cassaw took his 2005-2006 team to the championship and won. Cassaw, a 1989 graduate of Colby High School, credits his success from his time at Golden Plains and Colby's Tom Bowen.

Gorrell left and Cassaw applied for the head coaching position. Having only been an assistant at La Costa for two years, Cassaw said it is "very rare" for somebody like him to take over such a program.

But what else is in Cassaw's past may have made the difference.

"He's very humble and he knows what he has got to do," Bowen said.

"He was always dedicated and a hard worker and willing to try and get better."

Bowen has kept in touch with Cassaw since he was at Golden Plains. Bowen watched Cassaw coach a high school all-star game last month in California.

"Moving from Golden Plains to California hasn't changed him," he said. "He has always been loyal."

In seven seasons, Cassaw's team has made it to the semifinal round four times before winning it all this year.

Surrounded by the glitz and glitter of Southern California, Cassaw said what he learned from Bowen will never fade.

"His emphasis on the fundamentals is something that I will always remember that no matter who we were playing, coach had us believing we could win."

Cassaw uses a practice drill Bowen used when he was playing

in Colby. Cassaw's team includes McDonald's All-American Chase Budinger who signed with the University of Arizona.

The influence from Bowen is not just on the court either.

"I loved his intensity as coach," Cassaw said about Bowen. "I loved how he wouldn't accept anything less than your best on and off the court. That is a big part of my coaching philosophy today. He is an incredibly gifted teacher and wonderful person and his guidance was critical for my growth as a young man."

La Costa Canyon High has led San Diego County in Scholar Athletes, players with a 3.0 grade point average or higher. The entire Mavericks team made the list during 2004-2005 and all but two of the players were on the list this year.

Surrounded by the approximate 3,000 students at La Costa Canyon and occasional visits from Division I college basketball coaches, Cassaw has not forgotten where he got his start.

In fact, Cassaw met Kansas Jayhawk coach Bill Self in California.

"I told him I'm from Colby," Cassaw said.

"No way," was Self's reply. Oh yes, Bill.

TV LISTINGS

sponsored by the

COLBY FREE PRESS

SUNDAY		APRIL 9										
	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (6)	In Touch (CC)		Good Morning America (CC)		This Week-George Stephanopoulos (CC)		Hour of Power (CC)		The Coral Ridge (CC)		Paid Program	NBA Nation
KSNK/NBC (8)	Rebecca Gdn	Paid Program	Today (CC)		Meet the Press (CC)		Paid Program	Paid Program	Your Bible	Paid Program	Paid Program	Paid Program
KBSL/CBS (12)	Paid Program	Messiah Baptist	Lazy-Town	Go Diego	CBS News Sunday Morning (CC)		Face the Nation		Backyardigans	Dora the Explorer	Wooden Award	Tiger at 30 (CC)
K15CG (2)	Euro-Journal	Wealth-Track	Jakers!-Winks	Big Big World	Ribert & Robert's	Cyber-chase	Arthur (EI)	Maya & Miguel	Post-cards	Business	Health Sense	To the Contrary
ESPN (28)	Sports-Center	SportsCenter (CC)	NBA Matchup		Sports-Center	Outside Lines	Sports Reports	SportsCenter (Live) (CC)				Baseball Tonight
USA (37)	Paid Program	Paid Program	Paid Program	Paid Program	Movie: Intolerable Cruelty *** (2003, Romance-Comedy) George Clooney. (CC)				PGA Tour Sunday (Live) (CC)		Movie: Jaws 2 ***½ (1978) (CC)	
TBS (38)	Movie: Twister (1996)	Storm chasers race to test a new tornado-monitoring device.			Movie: Jurassic Park III ***½ (2001, Adventure) (PA) Sam Neill. (CC)				Movie: The Fifth Element (1997) A New York cabbie tries to save Earth in 2259.			
WGN (39)	Changing	Paid Program	Key of David	Paid Program	Feed the Children	Paid Program	Paid Program	Paid Program	Hillbilities	Hillbilities	America's Funniest Home Videos (CC)	
TNT (40)	(5:30) Movie: Blood Work ***½ (2002, Mystery) Clint Eastwood, Jeff Daniels. (CC)				Movie: True Crime *** (1999) A reporter tries to save an innocent man from execution. Clint Eastwood.				Movie: The Pledge *** (2001, Drama) Jack Nicholson. (CC)			
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Moose for All Seasons			Wild Discovery	Deer on the Run (CC)		MythBusters	Cooling a Six-Pack
A&E (47)	Murder, She Wrote	Murder in Milan (CC)	Breakfast With the Arts (CC)					24 Day 3: 1:00 - 2:00 PM (CC)	24 Day 3: 2:00 - 3:00 PM (CC)		King of Cars	King of Cars
HIST (48)	Spitfire Ace Dogfight (CC)		HistoryCENTER Special. (N) (CC)		April 1865 Thirty of the most pivotal days in U.S. history. (CC)				Tora, Tora, Tora: The Real Story of Pearl Harbor (CC)			
NICK (55)	Grown Up	Oddparents	Jimmy Neutron	Jimmy Neutron	SpongeBob	SpongeBob	Oddparents	Oddparents	The X's (CC)	Danny Phantom	Danny Phantom	Catscratch
DISN (56)	Koala Brothers	Higglytown	Einsteins	Doodlebops	JoJo's Circus	Charlie & Lola	The Wiggles	Lilo & Stitch	W.I.T.C.-H. (CC)	Buzz-Maggie	American Drgn	Emperor New
FAM (58)	Digimon-Digital	Dragon Booster	Spider-Man	A.T.O.M. (CC)	Get Ed (CC)	Kong-Series	Power Rangers	Super Robot	Power Rangers	W.I.T.C.-H. (CC)	Full House	Full House
HALL (60)	The World of Faith and Values		Movie: Love Comes Softly (2003, Drama) Katherine Heigl, Dale Midkiff. (CC)				Naomi's New Morning Faith.		Mass From Notre Dame		Touched by an Angel (CC)	

SUNDAY		APRIL 9										
	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (6)	NBA Basketball: Indiana Pacers at Detroit Pistons.						Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	News (CC)
KSNK/NBC (8)	Arena Football: Regional Coverage -- Chicago at Philadelphia, Dallas at New York or Los Angeles at Kansas City. (Live) (CC)							Champ Car World Series Racing: Champ Car Grand Prix of Long Beach. (CC)			News	NBC News
KBSL/CBS (12)	Tiger at 30 (CC)	Jim Nantz-Augusta	Golf: The Masters -- Final Round. From Augusta, Ga. (Live) (CC)									
K15CG (2)	On the Record	McLaughlin	McLaughlin	Religion-Ethics	Classic Gospel		Healthy Body	Stevens Europe	Sewing-Nancy	Beads, Baubles	Ask Your Legislator	
ESPN (28)	PBA Bowling: Dexter Tournament of Champions.		Billiards: Women's Trick Shot	Billiards: Women's Trick Shot			College Softball: Oklahoma at Texas A&M. (Live)				Strongest Man	
USA (37)	(11:00) Movie: Jaws 2 ***½ (1978)		Movie: Jaws III (1983) A giant great white shark terrorizes a Florida marine park. (CC)				Movie: Jaws the Revenge ***½ (1987, Horror) Lorraine Gary. (Premiere)				Movie: Freddy vs. Jason *** (2003)	
TBS (38)	(10:00) Movie: Lara Croft Tomb Raider: The Cradle of Life *** (2003, Action) Angelina Jolie, Gerard Butler. (CC)						MLB Baseball: Atlanta Braves at San Francisco Giants. AT&T Park. (Live) (CC)					
WGN (39)	Movie: First Comes Love (1999) A fateful letter may change a groom-to-be's life.				Movie: Addicted to Love *** (1997, Comedy-Drama) Meg Ryan. (CC)			HomeTeam Central Florida (CC)			America's Funniest Home Videos (CC)	
TNT (40)	(10:30) Movie: The Pledge *** (2001)		Movie: The Score *** (2001, Suspense) A veteran safecracker is lured into a final heist. Robert De Niro.				Movie: Saving Private Ryan *** (1998, War) U.S. troops look for a missing comrade during World War II.					
DSC (42)	MythBusters Steel toe boots. (CC)	MythBusters Cell phone interference.			Extreme Engineering (CC)		The FBI Files	Deadly Payout (CC)	Deadly Manhunt (Part 1 of 2) (CC)	Deadly Manhunt (Part 2 of 2) (CC)		
A&E (47)	Movie: Spies Like Us *** (1985, Comedy) Dan Aykroyd, Chevy Chase. (CC)		Sell This House!	Sell This House!	Sell This House!	Sell This House!	Move House	Find & Design	Sell This House!	Sell This House!		
HIST (48)	10 Days to D-Day The efforts of ordinary people affect the invasion. (CC)				The Kennedy Assassination: Beyond Conspiracy (CC)			Katrina: American Catastrophe (CC)	Zero Hour The Last Hour of Flight 11			
NICK (55)	The Kids' Choice Awards 2006	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Told by Ginger	6teen	Zoey 101 (N) (CC)	
DISN (56)	Movie: The Rescuers *** (1977) Voices of Bob Newhart.	Emperor New	Zack & Cody	That's Raven	Lizzie McGuire	Even Stevens	Phil of FUTURE	Natural-Sadie	Life With Derek	Zack & Cody		
FAM (58)	Movie: Karate Kid II ***½ (1986, Action) While visiting Okinawa, Daniel battles his mentor's foes. (CC)		Movie: Top Gun *** (1986) A hot-shot Navy jet pilot downs MiGs and loves an astrophysicist. Tom Cruise.				Movie: The Waterboy (1998)					
HALL (60)	Movie: Karol: A Man Who Became Pope (2005, Biography) Karol Wojtyla becomes Pope John Paul II in 1978. Piotr Adamczyk, Hristo Shopov.						Movie: Love Comes Softly (2003, Drama) Katherine Heigl, Dale Midkiff. (CC)					

SUNDAY		APRIL 9										
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (6)	America's Funniest Home Videos (CC)		Extreme Makeover: Home Edition Craft Family (N) (CC)		Grey's Anatomy (CC)		News (CC)	KAKE Sports	Lawyer on Line	Sports Machine		
KSNK/NBC (8)	Dateline NBC (CC)		The West Wing Election Day, Part II		Law & Order: Criminal Intent (N)		Crossing Jordan Save Me (N) (CC)	News (CC)	24 Day 2: 11:00AM - 12:00PM (CC)	News (CC)	Alias Passage (Part 1 of 2) (CC)	Inside Edition
KBSL/CBS (12)	60 Minutes (CC)		Cold Case Beautiful Little Fool (N) (CC)		Movie: Robert Ludlum's The Hades Factor (2006) Stephen Dorff.		News (CC)	News (CC)	News (CC)	Inspector Lynley Mysteries For the Sake of Elena	Baseball Tonight	
K15CG (2)	NOW (N) (CC)	Business	Nature The Queen of the Trees (N)		Masterpiece Theatre My Family and Other Animals (N)		Encore! With	Partners (CC)	Mystery!	Inspector Lynley Mysteries For the Sake of Elena	Baseball Tonight	
ESPN (28)	Baseball Tonight (Live) (CC)		MLB Baseball: St. Louis Cardinals at Chicago Cubs. Wrigley Field. (Live) (CC)				Law & Order: SVU	Law & Order: SVU	Law & Order: SVU			
USA (37)	(5:00) Movie: Freddy vs. Jason		Movie: Into the Sun (2005, Action) A former CIA agent searches for assassins.				Law & Order: SVU	Law & Order: SVU	Law & Order: SVU			
TBS (38)	Home Improve.	Home Improve.	Movie: Spider-Man *** (2002) A bite from a mutant spider gives a teen unusual powers. Tobey Maguire.				Movie: Spider-Man *** (2002) A bite from a mutant spider gives a teen unusual powers. Tobey Maguire.					
WGN (39)	Maximum Exposure (CC)		24 Day 3: 7:00PM - 8:00PM (CC)		24 Day 3: 8:00PM - 9:00PM (CC)		WGN News	Instant Replay	Sex and the City	Becker (CC)	Maximum Exposure (CC)	
TNT (40)	(3:30) Movie: Saving Private		Movie: Avenger (2006) A former soldier seeks a Serbian war criminal. Sam Elliott.				Movie: Avenger (2006) A former soldier seeks a Serbian war criminal. Sam Elliott.				Movie: Avenger (2006) Sam Elliott.	
DSC (42)	Everything You Need to Know (CC)		Americas Volcanoes		Perfect Disaster Firestorm (N)		I Shouldn't Be Alive (CC)		Everything You Need to Know (CC)		Americas Volcanoes	
A&E (47)	Flip This House Red brick house.		The First 48 (CC)		Confrontation (CC)		Intervention (CC)		CSI: Miami Lost Son (CC)		The First 48 (CC)	
HIST (48)	Grounded on 9/11 (CC)		The Man Who Predicted 9/11 (CC)		10 Days That Changed America		10 Days That Changed America		Mega Movers Pilot (N) (CC)		The Man Who Predicted 9/11 (CC)	
NICK (55)	Just for Kicks (Series Premiere)		Zoey 101 (N) (CC)	Romeo! Bad Girl (N) (CC)	Full House	Fresh Prince	Roseanne	Funnimom	Roseanne	Cosby Show	Fresh Prince	Fresh Prince
DISN (56)	Hannah Montana	That's Raven	Movie: Right on Track (2003) The Enders sisters enter the world of drag racing. (CC)		Phil of Future	Life With Derek	Phil of Future	Life With Derek	Zack & Cody	That's Raven	Hannah Montana	Emperor New
FAM (58)	(5:00) Movie: The Waterboy (1998)		Movie: Big Daddy ***½ (1999, Comedy) Adam Sandler, Joey Lauren Adams. (CC)		Movie: Big Daddy ***½ (1999, Comedy) Adam Sandler, Joey Lauren Adams. (CC)		Movie: Karol: A Man Who Became Pope (2005, Biography) Karol Wojtyla becomes Pope John Paul II in 1978. Piotr Adamczyk, Hristo Shopov.				Joel Osteen	Feed the Children
HALL (60)	Movie: Love's Enduring Promise (2004, Drama) Katherine Heigl, Dale Midkiff. (CC)				Movie: Love's Long Journey (2005, Drama) Erin Cottrell. (CC)				Movie: Karol: A Man Who Became Pope (2005, Biography) Piotr Adamczyk.			

MONDAY		APRIL 10										
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (6)	News (CC)	Ent. Tonight	Wife Swap West/ Gimes (N) (CC)		Movie: The Ten Commandments (2006, Historical Drama) Douglas Scott. (CC)		News	Nightline (CC)	Jimmy Kimmel Live (N) (CC)			
KSNK/NBC (8)	News	Wheel of Fortune	Deal or No Deal (N) (CC)		The Apprentice It's More Than Decor		Conviction Madness (N) (CC)		News	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12)	News (CC)	Friends (CC)	King of Queens	How I Met	Two/Half Men	Old Christine	CSI: Miami Free Fall (TV) (N) (CC)		News (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Antiques Roadshow (N) (CC)			American Experience (CC)		The Gulf Coast: Road to Renewal		BBC World	My Family	Charlie Rose (N) (CC)	
ESPN (28)	MLB Baseball: Philadelphia Phillies at Atlanta Braves. Turner Field. (Live) (CC)						Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Fast-break	Baseball Tonight
USA (37)	Law & Order: Criminal Intent One		Law & Order: SVU				WWE Monday Night Raw (Live) (CC)		Law & Order: Criminal Intent One		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Family Guy (CC)	Family Guy (CC)	Movie: Ace Ventura: When Nature Calls *** (1995, Comedy) Jim Carrey. (CC)			
WGN (39)	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		WGN News at Nine (CC)		Sex and the City	Becker Crosstalk	America's Funniest Home Videos (CC)	
TNT (40)	Law & Order Patient Zero (CC) (DVS)		Law & Order Untitled (CC) (DVS)		Law & Order All My Children (CC) (DVS)		Law & Order In God We Trust		Without a Trace Confidence (CC)		The X-Files Patience (CC)	
DSC (42)	Great Biker Build-Off 3		Monster Garage (N)		American Hot Rod (N)		American Chopper NAPA Drag Bike 2		American Chopper (CC)		Monster Garage	
A&E (47)	Crossing Jordan After Dark (CC)		Flip This House (CC)		By Satan Possessed: Devil		Airline (CC)	Airline (CC)	Crossing Jordan Blood Relatives (CC)		Flip This House (CC)	
HIST (48)	Modern Marvels		Heaven: Beyond the Grave (N)		10 Days That Changed America		10 Days That Changed America		Modern Marvels Bulletproof (CC)		Heaven: Beyond the Grave	
NICK (55)	Oddparents	Jimmy Neutron	SpongeBob	Grown Up	Full House	Fresh Prince	Mad Abt. You	Mad Abt. You	Mad Abt. You	Mad Abt. You	Mad Abt. You	Mad Abt. You
DISN (56)	Phil of Future	That's Raven	Movie: Toy Story *** (1995) Voices of Tom Hanks.		Natural-Sadie	Natural-Sadie	Even Stevens	Even Stevens	Zack & Cody	That's Raven	Phil of Future	Kim Possible
FAM (58)	7th Heaven The Ring (CC)		Wildfire Close Shave (N) (CC)		Beautiful People (N) (CC)		Who's Line? Who's Not?		The 700 Club (CC)		Wildfire Close Shave (N) (CC)	
HALL (60)	Walker, Texas Ranger El Coyote		Walker, Texas Ranger El Coyote				Movie: The Parent Trap *** (1961,					