

James Harris

Washington, IA

How long have you been at current school?

9th year with program, 3 as HC

What was your coaching path to your current school?

2003-2006: Had the opportunity to play football for Coe College in Cedar Rapids. IIAC Champs ('04 & '05)

2007-2010: Received a PE degree w/emphasis in strength and conditioning from Coe College and moved to in Albuquerque, and was employed as a personal trainer. During time in Albuquerque became a volunteer Coach 7-8th Albuquerque, NM. (YFL league) This had an impact on me and is part of what inspired me to go back to school to become a teacher and a coach.

2010-2013: I pursued my education certification at U of Iowa as a non-traditional student.

Spring 2011: During my time @ U of Iowa. I volunteered @ Washington, HS in the weight room for Coach Randy Schrader.

Fall 2012: Became volunteer 9th grade coach for Coach Randy Schrader @ Washington.

2015: Became DL coach and JV assistant for Coach Garrison Carter @ Washington.

2017: Became a Defensive coordinator for Coach Garrison Carter @ Washington

2019: Became HC at Washington.

What is an earliest memory that helps us understand how you fell in love with football?

Going to games at Kinnick stadium with my dad laid the foundation and when I was in 8th grade I really got infatuated with weight-lifting. Coincidentally the Washington Demons also made it to the semifinals that year in 3A that year. After that, I just always remember seeing football as the ultimate sport for the complete athlete. I loved how much people cared about football.

Which coach had the greatest impact on you growing up?

Aside from my father, it would have to be my high school football coach @ Washington, IA. Lloyd Sisco. Mike Roder my 7th grade coach was the first one to believe in me. One day at practice in 97' Coach Roder told our offensive huddle if we needed a yard we would run behind Harris" (me!). Our short yardage QB sneak play became an QB off tackle. My HS line coach Jason Ganoë was the first to help me believe in myself. I remember after one practice him telling me "If I keep staying consistent in the weight room you could really be a player." He said it with an enthusiasm that I think still resonates with me. I remember fighting back tears of joy because his belief in me felt so empowering. Lloyd Sisco was a legend though, I have so much respected for him. I Feared his disapproval more than my parents or administrators. He had such a presence

and carried himself the way great veteran coaches do: Self-assured, prepared, salty, tough, thoughtful and intense. He also presented level of class to aspire and his love for the game football was tangible almost palatable. There was no doubt who was in charge, he was the man! I remember vividly coach verbally lighting me up a few times. I certainly always deserved it and while it scared the pee straight out of me and made me question myself. I always responded to his coaching in those circumstance; I feel he always made my level of performance rise up. He didn't motivate me, he taught me how to build my own determination. Which I feel has served me in life and given me the strength to be who I am today.

If you could pick one aspect of your coaching career that you are the most proud of, what would it be?

Being a part of the team that was state runner up in 2012 was special. Being part of this program is what I am most proud of. Coaching and supporting kids where I grew up. Trying help them make their way in this world. By instilling in them values like: toughness, accountability, perseverance, determination, exercise and preparation. Things that football and coaches taught me.

What are you most excited about as the 2020 football season is approaching?

Just the season itself and all holds. Sharing as a team, success and failure and the lessons they teach. I have found with quarantine I don't have many hobbies I like to work out and read but besides that I am a dad and a coach. I love being a coach and helping talented and less talented young people a like get better at a something is incredibly rewarding. Being able to be a part of those "Ah, ha!" moments big and small and watching a pupil's self-efficacy grow provides me with great fulfillment. We have a good nucleus coming back for the 2020-2021 season that will be fun to watch and engaging to coach.

Which coaches are on speed dial for help and why?

Coach Randy Schrader and Coach Garrison Carter. I feel so fortunate to have been have been able to learn as coach under their unique styles. Coach Schrader's is hard-nosed, believes it all starts in the weight room first, emphasizes things like accountability, toughness. "Expect to Win!" Coach Carter is smart and talented and has the networking and social skills of a presidential candidate. He is so progressive with his a thinking, and he gets how to promote his program and football itself. What I really admire about Coach Carter and what really separates him is his eagers to always be getting better and working on our craft. "If anything matters, everything matters."