

May

Episode 33: May 13 - Guests: [Desi Storey](#), CWU baseball head coach; [John Buchanan](#), SFU men's and women's golf head coach; [Bethany Drake](#), WWU track and field javelin thrower.

Episode 32: May 5 - Guests: [Mike Johnson](#), WOU track and field head coach; [Bridjet Box](#), WOU softball player; [Chandler Tracy](#), SMU baseball player

April

Episode 31: April 29 - Guests: [Lonny Sargent](#), WOU softball head coach; [Rob Bishop](#), MSUB baseball head coach; [Lacey McGladrey](#), SMU softball player

Episode 30: April 23 - Guests: [Craig Stensgaard](#), NNU golf head coach; [Ken Garland](#), SMU baseball head coach; [McKayla Fricker](#), SPU track & field senior

Episode 29: April 15 - Guests: [Kellen Walker](#), WOU baseball head coach; [Luke Bennett](#), WWU men's golf head coach; [Maria Gau](#), CWU softball player

Episode 28: April 8 - Guests: [Jacques Chapdelaine](#), SFU football head coach; [Ian Shoemaker](#), CWU football head coach; [Meghan Carrillo](#), WWU softball player

Episode 27: April 1 - Guests: [John Buchanan](#), SFU men's & women's golf head coach; [Brit Townsend](#), SFU track & field head coach; [Luke Reinschmidt](#), MSUB baseball player

March

Episode 26: March 25 - Guests: [Desi Storey](#), CWU baseball head coach; [Karl Lerum](#), SPU track & field head coach; [Kelli Demianew](#), WOU softball pitcher

Episode 25: March 18 - Guests: [Michael Friess](#), UAA track & field head coach; [Rocke Musgraves](#), NNU baseball head coach; [Lonny Sargent](#), WOU softball head coach

Episode 24: March 11 - Guests: [Ryan Looney](#), SPU men's basketball head coach; [Kevin Woodin](#), MSUB women's basketball head coach; [Bruce Langford](#), SFU women's basketball head coach; [Sydney Donaldson](#), WWU women's basketball player

Episode 23: March 4 - Guests: [Ryan McCarthy](#), UAA women's basketball head coach; Rob Lowery, CWU play-by-play announcer



February

Episode 22: Feb. 25 - Guests: [Jamie Stevens](#), MSUB men's basketball head coach; [Bob Grisham](#), SMU director of athletics; [Tim Healy](#), SMU women's basketball head coach

Episode 21: Feb. 18 - Guests: [Carmen Dolfo](#), WWU women's basketball head coach; [Mike Johnson](#), WOU track & field head coach; [Mark McLaughlin](#), CWU men's basketball player

Episode 20: Feb. 11 - Guests: [Ryan Looney](#), SPU men's basketball head coach; [Lisa Allen](#), MSUB softball head coach; [John Spatz](#), NNU track & field and cross country head coach

Episode 19: Feb. 4 - Guests: [Julie Heisey](#), SPU women's basketball head coach; Dave Harshman, ROOT SPORTS color analyst; [Mallory Holtman-Fletcher](#), CWU softball head coach

January

Episode 18: Jan. 28 - Guests: [Rusty Osborne](#), UAA men's basketball head coach; [Kellen Walker](#), WOU baseball head coach; [Rick Noren](#), SMU softball head coach.

Episode 17: Jan. 21 - Guests: [Mick Durham](#), UAF men's basketball head coach; [Michael Ostlund](#), SMU men's basketball head coach; [Sarah Hill](#), WWU women's basketball player

Episode 16: Jan. 14 - Guests: [Greg Sparling](#), CWU men's basketball head coach; [Cody Bench](#), UAF women's basketball head coach; [David Downs](#), SPU men's basketball player

Episode 15: Jan. 7 - Guests: [Brady Bergeson](#), WOU men's basketball head coach; [Kevin Woodin](#), MSUB women's basketball head coach; [Spencer Dodd](#), SMU baseball player & NCAA SAAC Representative

December

Episode 14: Dec. 3 - Guests: [Tony Dominguez](#), WWU men's basketball head coach; [Ryan Bragdon](#), NNU women's basketball head coach; Rob Lowery, CWU men's basketball play-by-play announcer.

November

Episode 13: Nov. 26 - Guests: [Alan Koch](#), SFU men's soccer head coach; [Steve Card](#), WWU Athletic Director; Keaton Homer, UAA men's basketball play-by-play announcer.

Episode 12: Nov. 18 - Guests: Eric Sawyer, CEO Spokane Sports Commission; Matt English, Concordia University Athletic Director.

Episode 11: Nov. 11 - Guests: [Travis Connell](#), WWU women's soccer head coach; [Chris Green](#), UAA volleyball head coach; [Natalie Harold](#), SPU women's soccer player.

Episode 10: Nov. 5 - Guests: [Alan Koch](#), SFU men's soccer head coach; [Gary Pine](#), APU athletic director; [Savanna Moorehouse](#), CWU women's soccer player.

October

Episode 9: Oct. 29 - Guests: [Chuck Sekyra](#), SPU women's soccer head coach; [Rusty Osborne](#), UAA men's basketball head coach; [Amanda Rose Johnson](#), WOU women's soccer player.

Episode 8: Oct. 22 - Guests: [Michael Friess](#), UAA XC coach, [Kevin Woodin](#), MSUB WBB coach; [Bobbi Knudsen](#), MSUB WBB player.

Episode 7: Oct. 15 - Guests: [Dr. Gary Gray](#), UAF Athletic Director; [Diane Flick](#), WWU volleyball coach; [Ryan Looney](#), SPU men's basketball coach.

Episode 6: Oct. 8 - Guests: [Victor Santa Cruz](#), APU football coach; [Chris Green](#), UAA volleyball coach; [Fredy Razo](#), NNU men's soccer player.

Episode 5: Oct. 1 - Guests: [Rob Walker](#), SMU soccer coach; [Michael Farrand](#), CWU women's soccer coach.

September

Episode 4: Sept. 24 - Guests: [Dr. Milt Richards](#), SFU Athletic Director; [Arne Ferguson](#), WOU football coach; [Heather Young](#), SPU women's soccer player.

Episode 3: Sept. 17 - Guests: [Keith Hackett](#), UAA Athletic Director; [Doug English](#), NNU volleyball coach; [Kelli Bannerman](#), SMU women's soccer player.

Episode 2: Sept. 10 - Guests: [Mario Andaya](#), CWU volleyball coach; [Andrew Weishaar](#), WWU men's soccer player; [Dave Coppock](#), MSU Billings cross country coach.

Episode 1: Sept. 3 - Guests: Rob Lowery, CWU play-by-play; JB Mathers, Humboldt State play-by-play; [Brina Sych](#), WWU women's soccer player, [Carlo Basso](#), SFU men's soccer player.