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; Bridget 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, SMU 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.