



January 9, 2014

## **Pacific Association Youth Committee Meeting**

**If attending, please RSVP to [pa.youthchair@yahoo.com](mailto:pa.youthchair@yahoo.com) as I am placing a catered lunch order and need number of attendees. Thank you.**

Happy New Year one and all! Hope everyone had a most wonderful holiday season. This notice is a friendly reminder of the second of our two scheduled PA/USATF Youth Club meetings for the 2014 track and field and cross country season.

If you plan to bid for a 2014 cross country meet please be aware that you will be expected to have available, the facility location, medical person's name and contact information, as well as sanction/insurance paperwork information. If you want a particular date, let Darius Strickland [phoenixgliders@ymail.com](mailto:phoenixgliders@ymail.com) know ahead of time and it will be added to the schedule before the meeting. The official 2014 cross county schedule will be finalized during the Saturday February 22<sup>nd</sup> meeting.

The Pacific Association requires actual Live Scan fingerprinting to complete our background checks. If you have a new coach or parent volunteer who needs to be live scanned to adhere to the background check requirements, you must pay to have it done. If this is the first time that a coach or parent will have fingerprinting done, it will be reimbursed from the PA/USATF headquarters. **It is complimentary the first time only.** If you let it lapse for any reason, you will have to do it again and pay for it **at your cost**. There are no exceptions to this rule.

The National Office has decided they need to collect additional funds from our association adults dealing with youth athletes. They have now required every adult 18 and over on your roster, to pay an additional \$8 for a TCLogic background screening. This is in addition to our PA fingerprint process. I have been told by an individual on the national level that our live scan fingerprint process is not as reliable as their ssn screening. We, Pacific Association, will not go backwards by using ssn numbers only. Therefore any adult not going to the Nationals in Texas, can opt to register as unattached. We can discuss this at our February 22 meeting.

USATF hosts their annual National Convention the first weekend in December. It took place in Indianapolis, Indiana this past December. The 2014 convention is much closer to home and will take place in Anaheim, California. If interested, that information will be available on the USATF website later this year. We do not get the convention as often on the West Coast. So if at all possible, make plans to attend this convention. You can then see what takes place on the National level. It is not necessary to register to attend the convention. You will still be able to attend various meetings, not just the ones youth related.

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Alex Hill, our Youth Communication Chairperson, will host a presentation on Long Term Coaching Development (LTCD), so hopefully you will be there. Here's a memo from him regarding his LTCD presentation scheduled for 11am on February 22<sup>nd</sup>. He will also put additional information on our website. *Joanne Camargo*

Many Coaches have received their learning and development through a variety of areas. Whether through their own experience as players and in their day-to-day lives, through their individual coaching experiences or by means of both formal and non-formal learning programs. Still the greatest challenges is the proper accreditation of coaches

The **Pacific Association** is focused and putting its efforts to be at the forefront of sporting excellence, by spending a considerable amount of resources developing our coaches. (because it's at this level we have to work the hardest)

We will be starting an Educational Series called **(LTCD) Long Term Coaching Development**. It's an Educational Series whose purpose is to provide and serve a unique Learning and Development Framework for Coaches at all levels. It's also an entry point for coaches on an educational path and those looking to meet the demand of coaching, training and their athletes at various stages of their development.

The Series will Cover the following Subjects over a sustained period, but not necessarily in this order:

**Long Term Athletic Development** ... (*A process to the Podium*)

**Talent Opportunity Programs** ... (*Sensitive Period of Physical Development*)

**Athletic Performance:** ... (*Event Specific Training!*)

**Strength and Condition for the Youth Athlete** ... (*Uncovering the real truth*)

**Pre-habilitation vs. Rehabilitation** ... (*An oz. of prevention is worth a lb. or cure*)

..... and Many, many more

11am - 1pm                      Presentation (Blocks, Acceleration and Max Velocity)  
1pm - 2pm                      Lunch & Presentation Round Table

*Alex Hill*

## **Youth Clubs Meeting**

Date: Saturday, February 22, 2014

Time: 10:00 pm - 2:00 pm    (lunch following meeting at 1:00 pm)

Location: James Logan High School  
              1800 H Street  
              Union City

### **AGENDA**

- Call Meeting to Order ----- Joanne Camargo
  - Roll Call ----- Sylvia Jones
  - Minutes From Last Meeting --- Oct 19, 2013 ----- Sylvia Jones
  - Treasurer Update ----- Duane Wolterstorff
  - Vice Chair Update ----- Carl Bryant
  - Track Chair Update ----- Nadine Davis
  - Cross Country Chair update - bid for xc meets ----- Darius Strickland
  - Long Term Coaching Development (LTCD) ----- Alex Hill
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1. New business
  2. Announcements
  3. Adjournment

*Joanne Slaton-Camargo*

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