



Coaches Report

PAUSATF Board of Athletics Meeting – 17 November,
2009

Cal Currents Coaches Newsletter: After a one year hiatus due to doctoral studies, the Fall 2009 edition of the *CalCurrents* coaches newsletter was emailed to over 2000 regional coaches via the association's new e-mail service Constant Contact this week. Though html formatting was a challenge, Constant Contact provided much greater delivery reliability, and e-mail list proofing. If you would like a copy of the newsletter, e-mail Dave Shrock at: dshrock@pacbell.net.

Upcoming USATF Coaching Schools and Clinics:

Level One Schools: Level 1 Schools, the most comprehensive track and field training in the nation, consist of 21 hours of instruction focused on the events of track & field and related sport sciences. The course consists of classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instruction techniques in addition to specific event group training of endurance, sprints/hurdles, throws and jumps. Upon passing the exam, participants will be issued a Level 1 Certificate of Completion.

19-20 December, 2009: At Sacramento City College, Lillard Hall, room 101. 21 hour school covering all aspects of sports science and specific event groups with a youth emphasis. Refer to www.pausatf.org, and click on coaches, then clinic/events.

16-17 January, 2010: At Chabot College, Hayward. 21 hour school covering all aspects of sports science and specific event groups. Refer to www.pausatf.org, and click on coaches, then clinic/events.

PAUSATF Level 1 School Scholarships Available: To facilitate the goal of producing well educated coaches, the Pacific Association of USATF (including San Luis Obispo, San Benito, Stanislaus, Tuolumne counties north to the Oregon border in California, and central/northern Nevada) has made available twenty (20) scholarships to pay the tuition to attend a PA-USATF Level 1 Coaching Education School. Pacific Association registered coaches who complete and submit the application by Sunday, 28 Nov. at 5:00pm will become eligible to have their tuition fee paid to the Sacramento City College or the Chabot College Level 1 Schools. Recipients are responsible for their own transportation, USATF membership fees, accommodation, and meals. Refer to www.pausatf.org, and click on coaches, then clinic/events.

13 February, 2010: USATF Coaching Education Developmental Coach Clinic: In conjunction with the James Logan (Union City) Willie Davenport Learn-by-Do Clinic. Five-hour clinic covering the basics of age appropriate training, setting up training sessions, and safety concerns for beginning coaches or volunteer parents. \$25.00 fee includes entry into Logan Clinic, 32 page manual, handouts, and Developmental Coach Certificate upon clinic completion. Refer to www.pausatf.org, and click on coaches, then clinic/events.

Saturday-23 January, 2010: VSAthletics NorCal SuperClinic-Sacramento City College: Come join us in improving your coaching effectiveness in a one-day clinic devoted solely to maximizing your athlete's success. Sixteen nationally recognized clinicians will provide information that you will be able to apply immediately to your programs improvement in the event group areas of sprints/hurdles, endurance, throws, and jumps. Go to www.VSAthletics.com for further information.

Youth-High School Notes:

Missing from the track: Coach Ed Parker passed away October 28 at the age of 79 with his wife Barbara at his bedside in the foothill town of Gold River. Coach Parker's life work was devoted to working with young people as a teacher and track coach at Mills High School, and later Jesuit High School in Sacramento. As the head coach with the nationally recognized Millbrae Lions TC in the 1960's and 70's, Parker coached both nationally and internationally, which included seven Olympians. The words that most described him by his fellow coaches and athletes were 'innovative and integrity'.

Track and Field overtakes basketball as the most popular high school sport for girls: According to figures released in September by the NFHS, outdoor T&F girls participation increased to 457,732 nationally, eclipsing girls basketball with 444,809, with volleyball third at 404, 243. For boys, 11 player football remained number one participation sport with 1,112,303,

with T&F second at 558,007 and basketball third with 545,145.

continued on reverse...

National Junior Olympic Cross Country Championship Coming to Reno in December: All athletes born between 1999-1991 are eligible to compete in the regional qualifier 29 Nov. in Reno, with top 20 finishers and top three teams in each of the five age division eligible to compete in the National Youth Cross Country championships on 12 December on the same course. **Entry deadline for the regional qualifier is 22 November.**

College, Open and Masters Notes:

Long time Cal Poly **Coach Terry Crawford** will leave SLO after an 18 year tenure to take on the role of National Coordinator of Coaching Services for USATF in Indianapolis. Her successor has been narrowed down to two finalists, with an announcement expected soon.

Coach **Dan Pfaff**, arguably one of the United States top technical event coaches, who recently completed a three year stint at the TriValley Training complex in Isleton and Stockton, has been hired by UK Athletics to lead their Lee Valley Olympic Training Centre in preparation for the 2012 Olympics.

Combined event coach **Harry Marra**, former San Francisco State coach who for many years also lead the VISA Decathlon team in San Mateo, has been hired at the new combined event, pole vault and high jump coach at University of Oregon.

San Joaquin Delta College in Stockton has hired former alum Heptathlete **Lauryn Jordan** as their new part-time women's track and field coach while **Jesus Reyes** who had coached the women for the previous four years shifts to coach the men's program.

The USOC Coaching Department, in partnership with its USA Coaching Coalition (USACC) partners – the NCAA, NFHS, and NASPE is proud to announce the launch of a new coaching education website: <http://www.USACoaching.org>. This website will be the go-to clearinghouse for all coaching education information and resources.

The USOC also publishes a quarterly free e-zine with valuable article on training and the Olympic movement: <http://www.teamusa.org/resources/olympic-coaching-materials/coaching-education-center.html>

Officials Clinics:

The Pacific Association sponsors informative officiating clinics to educate those wanting to officiate or better understand the rules of Track and Field. Fees are nominal, and all coaches, parents, and anyone interested are encouraged to attend! 2009/10 dates will be posted soon, so refer to: <http://www.pausatf.org/indexofficials.html>, and click on clinics.

Creation of the Pacific Association Legacy Coach Award:

In recognition of the many influential coaches who have served in our association who have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession, the Coaches Committee is initiating an annual Legacy Coach Award. Criterion will be weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves...hence the idea of a Legacy Coach Award.

Coaches submitted for consideration should have:

- mentored former athletes or younger coaches to become successful coaches in their own right
- having coached for a period of time in the Pacific Association
- exhibited qualities of ethical coaching
- contributed to several aspects of the association, while promoting the sports of USATF
- candidate could come from any coaching level

Please submit names of nominees with details of their contributions as noted above to Dave Shrock at dshrock@pacbell.net. The deadline for submission of nominees is 31 December, 2009, with announcement of the inaugural recipient 23 January at the VSAthletics Nor-Cal SuperClinic.

Track & Field Schedules needed:

To get your meet on the master Pacific Association schedules, please send meet information ASAP to Bill Hawkes: flojo1049@yahoo.com. The full Pacific Association schedule will be available late November at: <http://www.pausatf.org/data/calendar.html>

Heard Around the Track:

The 2010 Run for the Dream Indoor Track & Field Meet has moved from the Martin Luther King weekend, and is scheduled for Friday, February 5th and Saturday, Feb 6th, with regional high school qualifying meets tentatively scheduled for 23 January. The

meet will be held in the Save Mart Center on the Fred and Madeleine Arnold Tartan Track. Preliminary meet info available at: www.RunfortheDream.com.