



Board of Athletics Compiled Committee Reports

September 24, 2013 – compiled by BOA Secretary JR Heberle

Future Championships Report

John Mansoor, Executive Director (pausatf@aol.com)

Sacramento has been awarded the 2014 USA Outdoor Championship contingent on resurfacing the track at Sacramento State. Tentative dates are 26-29 June.

The Association has been awarded the 2014 Paralympic Championship which will be hosted at the College of San Mateo. George Rehmet will serve as meet director, assisted by Charlie Sheppard and Fred Baer. Classification will take place 18-19 June, with competition 20-22 June.

Dec'15-Club XC National Championship- GG Park preparation is progressing well.

Sacramento has submitted bids for NCAA Outdoor D1 Regional and/or National Track & Field Championship for years 2015 -2019.

Sacramento has submitted bids for NCAA D1 Cross Country Regional and/or National Cross Country Championships for year 2015-2019.

I have received no information from the National Office with respect to the RFP for the 2015 Junior Olympic Cross Country Championship. Reno is still interested in submitting a bid.

Associations Report

Dave Shrock, President (coachshrock@gmail.com)



The annual Association Workshop was held in Indy 23-25 August where approximately 250 association leadership gather to discuss practical details of association administration while offering feedback on programming. The Pacific Association once again earned full accreditation, and was awarded the 'Bronze' designation as a model association for the third year in a row. To your left is the award being presented by Associations Committee Chair Karan Krsak.

There were several announcements made that affect us all:

- All event sanctioning was meant to move to on-line 1 Sept. with each association still being able to set their own sanction fees.
- All club membership and renewal was also meant to move on-line as of 1 Sept.
- Permanent USATF membership cards will begin being issued for the 2014 membership year.
- Membership will no longer end on 31 December, but change to a 365 day membership from the day joining or renewing. Many association leaders moaned at this announcement as the implications and resulting increased in membership validity checks will be huge.
- Longtime USATF resource Sherry Quack has left our sport, and Desiree Friedman who worked for a period as marketing director for the California HS Federation in Sacramento is filling her huge shoes in addition to Andy Martin's who left months before. There are many new faces at the national office.
- Our Association will host the 2014 Associations Workshop in Sacramento the weekend of 15-17 August. The last time we hosted the workshop was in 2010 and everyone is anxious to come back to California!

Men's and Women's Track and Field Committees

Ralph Jones, Men's T&F Chair (ralph.jones@csueastbay.edu)

This year's Championships were much smoother than 2012 and there were minimal complaints. John Rembao, Ken Grace, and Irene Herman and their crews were phenomenal, and all did a great job. The track races and jumps were all completed by 2:30-3:00. The throws went until 5:00 which held up the meet and made a long day for the volunteers. In the future we should look at ways to make the throwing events run more efficiently as many throwers wanted to throw all the implements which caused a lot of waiting around for one event to finish.

Facility Coordinator Ken Grace had some great ideas to improve the meet which included selling one day memberships, or letting non members compete for a higher fee, having a small cash prize for certain events, one day event insurance, and running a short road race in conjunction with the meet at the site that I think should all be looked at as possible action items in the near future.

Race Walk Committee

Jon Price, Race Walk Chair (jprice@unr.edu)

The race walkers currently have 5 races: one hour, 3K, 5K, 10K, 20K. These races comprise our Grand Prix competition that generates awards for teams and individuals, 3 deep for teams, top male, top female, and age graded rating for the top athlete.

We are in the process of rewriting our operating procedures and expect to have that approved by the race walkers before the end of 2013.

We have 11 certified judges, 5 at master, 2 national, and 4 association levels. We have one apprentice judge.

Disabled Athletics Committee

George Rehmert (georgerehmert@yahoo.com)

Paralympics Track and Field Championships plans are in progress. Along with College of San Mateo representatives, George Rehmert, Fred Baer, Charlie Sheppard and David Shrock took Cathy Sellers from the US Olympic Committee on tour of the college's track and field facilities. We are awaiting the go ahead once the contract between US Olympic Committee and the College of San Mateo is finalized. The dates are June 18-22, 2014.

An initial planning meeting will have taken place on Monday, September 23. George Rehmert will be the head meet director while Charlie Sheppard will be the assistant meet director who will be responsible for the technical aspects of this meet.

The local Far West Wheelchair Athletic Association has expressed an interest in involvement in the meet. To what extent is not determined at this point. They have besides myself two USATF certified officials with experience in track and field for disabled.

In other areas, George has been making connections with other disabled groups to promote this national event and the physically challenged category in the LDR grand prix race series. The Marin Memorial 10K is willing to comp entries in the future of athletes with disabilities.

LDR Committee

Tom Bernhard, Men's LDR Chair (TLBernhard2@gmail.com)

Ashley Grosse, Women's LDR Chair (ashleycg@gmail.com)

AADP program:

Stephen Shay selected for Men – Long Series. Stephen ran the USA 20 km Championships (Stratton Faxon New Haven Road Race) and came in 18th with a time of 1:04:31.

Adrian Sherrod was selected for Men – Short Series. Adrian will be running the USA 5 km Championships (CVS Caremark Downtown 5k) on 9/22.

Ashley Carroll was selected for Women – Short Series. Ashley will be running the USATF National Women's Club Team 10 km Championships (Tufts Health Plan 10k for Women) on 10/14.

Alia Grey had been selected for Women – Long Series. Unfortunately she has moved to Colorado and is changing her affiliation. Ashley Grosse will contact the next in line for funding. (We will offer funding for the US National Road Racing Championships on 11/17 in Alexandria, VA.

2013 GPs:

Seven Road races completed – no open issues

Divisional nomenclature changed for Road & XC GP scoring. Old terms: Masters, Seniors, Super Seniors, etc., replaced by 40+, 50+, 60+, etc.

Added 80+ individual scoring for XC GP

Six XC races completed – no open issues

12 Ultra races completed – no open issues

2014 Road GP Bids:

The following bids have been received & approved by the LDR Committee at the GGP XC meeting.

Date	Race	Prize \$\$\$	Points	Notes
3/1/2014	NorCal 10	\$4350	1	
3/12/2014	ATB 12K	\$2900	1	
4/6/2014	SacTown 10	\$5800	2	
5/10/2014	TherX 5K 4 Play	\$2900	1	Saturday
5/26/2014	MMD 10K	\$2900	1	
TBD	Miracle Mile	\$2900	1	late June or early July
11/27/2014	SVTT 5K	\$2900	2	open only
12/7/2014	CIM	\$2900	2	all age groups
12/14/2014	Xmas Relays	\$2900	1	

We have a verbal commitment from the Zippy 5K for 4/19 (Saturday) in Brisbane. We are still waiting on bids from Humboldt and Clarksburg. (Will probably come after 2013 races.)

LDR Committee Chairs:

Sarah Broyles has replaced Brooke Wells as XC co-chair.

Masters Track and Field Committee

Joseph Ols, Masters T&F Chair (josephols@verizon.net)

2013 was another solid year for Masters Track & Field in USATF Pacific, continuing years of success and stability. Highlights of the year include:

- 1064 dues paying 2013 PA MTF athletes (780 Men and 284 women).
- Smoothly run, well attended PA MTF Championships meet
- Approx. \$700 profit from the meet
- 325 male athletes/events competed; 58 female athletes/events competed (See table below)
- Held PA MTF Combined Events Championship (Decathlon), reportedly first since 1996
- 22 male and 2 female competitors, some flying in
- Only 43 other male and 2 female US masters decathletes reported in all other 2013 competitions nationwide
- MTF Committee staffed, with positions filled within the last year
 - Director of Jumps – Donald Watson
 - Director of Throws – Gary Schmidt & Paul Troppy
 - Director of Mid & LDR – Brooks Esser & Arnold Jones
 - Director of Sprints / Hurdles / Women – Joy Upshaw
 - Director of Combined Events – Dimitry Yakoushkin
 - Director of Media – Randell Sturgeon (owner & editor, National Masters News)
 - Director of Clubs – Open
- Great athletes incl current World Record holder Ed Burke M70 HT, current national champions (e.g. M65 SP Bill Harvey Glenbrook, NV), elite athletes (Joy Upshaw), etc.

- Area hosted the USCAA national championship 3 years in a row 2011-13 prev. (hosted World Championships 2011, Nat'l Championships 2010)
- Good MTF schedule posted on website.
- Good coordination to avoid conflicts with other MTF meets (SoCal Assoc, Western Regional, Bay Area Sr. Games, Sonoma Sr. Games, USCAA, local 'Pride' meet)
- Strong promotion of local All Comers and all MTF meets.
- MTF supplied strong positive cash flow to PA: ~\$700 PA Championships revenue + 1064 athletes x \$__ avg revenue / athlete - ~\$50 costs

Coaches Committee Report:

Dave Shrock, (coachshrock@gmail.com)

The coaches committee held elections in June, with the following results:

Committee Chair: Dave Shrock – coachshrock@gmail.com

Coaching Education Subcommittee Chair: Ken Grace – coachkengrace@att.net

Youth-High School Subcommittee Chair: Jim Marheineke – jmarheineke@serrahs.com

Open-Collegiate Subcommittee Chair: Shantel Twiggs - stwiggs@unr.edu

Upcoming USATF Level 1 Schools

14-15 December at Sacramento City College

18-19 January, 2014 at Chabot College, Hayward

If approved, the Pacific Association foundation will offer 14 full scholarships to attend an association Level 1 School. Information will be posted along with school information by mid-October on the Association website.

2013 USATF Level 2 School

This past summer the Pacific Association hosted an Event Specific Level 2 at Cal State East Bay with 245 coaches from around the United States and Caribbean in attendance, hosted by CSU East Bay coach Ralph Jones. This was the first Level 2 Event Specific School held in our Association. In 2010 we hosted the inaugural Youth Specialization Level 2 School.

Upcoming Clinic and Annual Coaches Committee Meeting:

1 February: 5th Annual West Coast SuperClinic at Sacramento City College

This year's clinic line-up will feature sprint coach legend Tom Tellez, jumps guru Boo Schexnayder, throws expert Tony Ciarelli, along with California's most successful JC distance Coach Marco Ochoa.

Approximately 400 coaches attend this clinic which also hosts the Association's Annual Coaches Committee Meeting.

Call for Legacy Coach Award nominations:

This award was created five years ago to acknowledge legacy coaches from our Association of any level that have contributed to the association beyond the traditional role of coaching, exemplified by contributions in teaching, event directing, in addition to mentoring young coaches into the coaching profession. Nominations will close 31 December. Please send nominations to Dave Shrock at the e-mail above. Last year's recipients were (pictured right):

Margaret Dixon, Oakland PAL

Walt Lange, Jesuit HS, Carmichael



Officials Committee Report:

Mike Bower, Officials Chair (mike.pausatf@gmail.com)

Proposed Officials' Clinics - 2014

Jan 11 - ARC, Sacramento

Jan 25 - Chico (Site TBD)

Feb 8 - Santa Cruz (Site TBD)

Feb 9 - Serra H.S., San Mateo

*TBD - Reno, NV

	ARC	Chico	S. Cruz	Serra	Reno
Intro to Track & Field Officiating	X	X	X	X	X
Fundamentals of Horizontal Jumps & Throws	X	X		X	X
Fundamentals of Vertical Jumps	X	?		X	
Fundamentals of Track Even Officiating	X	?		X	
Advanced Horizontal Jumps	X	?		X	?
Advanced Vertical Jumps	X			X	
Advanced Throws	X			X	
Race Walk Judging & Officiating	X			X	X
Introduction to LDR (Long Distance Running)	X			X	
LDR Refereeing				X	
Athletics for Disabled	X			X	
*Offered if survey indicates interest:					
Experienced Track & Field Referees	X			X	
Prospective Track & Field Referees	?			?	
Using Laser Measurement for Long Throws	X			X	
Using Hy-Tek's Meet Manager to run a meet	X			X	

Marketing Committee

John Rembao, Marketing Chair (rembao@gmail.com)

Strategic Goals (as stated in current Strategic Plan)

1. Increase awareness of PA/USATF with the aim of increasing membership
2. Increase PAUSATF advertising
3. Recruit sponsors for PAUSATF
4. Develop PAUSATF strategic partnerships

I. Clarifications and Enhancements to Strategic Activities:

(1) Create collaborative marketing efforts between PA/USATF and CTRN/Shooting Star Media that are designed to solicit and secure new commercial partners that will benefit both PA/USATF and our members and the magazine. To prospective new commercial partners emphasize the following:

- A targeted audience of (how many??) USATF members in California and northwest Nevada who are committed to physical fitness and a healthy lifestyle

- An outreach to (how many??) CTRN readers via the magazine

- (2) Gather demographics of membership (Cynici)
- (3) Gather analytics of website (Cynici)
- (4) Coordinate marketing (advertising and sponsorship) efforts with website re-design

II. Strategic Accomplishments to Date:

- (1) Collaborating with Santa Cruz Middle School Cross Country League
- (2) Contacted and met with golf course managers in the Santa Cruz County
- (3) Contacted middle school league leaders in San Leandro, Aptos, and Santa Cruz
- (4) Contacted middle school leadership in Monterey Bay Area to solicit support for cross-country championship

III. Revisions and Action Items:

- (1) Eliminate distance carnival for open athletes
- (2) Contact Ames Exchange for Golf Club at Moffett Field
- (3) Develop and create marketing materials (banners, flyers, postcards, envelopes & letterhead)
 - Advertisers
 - Sponsors (connect to new membership)
 - New members (connect to sponsorship)
- (4) Develop draft of potential employer advertising structure for board (Sean Roland)
- (5) Developing draft of potential sponsor structure for board (collaborate with Larry Eder)
- (6) Developing draft of advertising policy
- (7) Contact CCS and for strategic partnership conversation
- (8) Get banners placed at middle schools and CCS events

Association T&F Facility Inventory List progress report

Bob Thompson, Officials Representative (bubbathompson52@yahoo.com)

The 4 year colleges are complete outside of 2 that I expect to have at any moment. There are 9 community colleges who have not responded and a second request is going out. I am adjusting a few questions for the high school survey as well as attempting to narrow down the number to survey as there are several hundred high schools in our association area. I hope to have that survey out in November and start collecting that data. The next step would then be to assemble the info in an easy to access fashion on the website. Since I am "techno challenged" I expect we will strong arm someone to put that piece together!

Membership Committee Report:

Irene Herman: (iherman49@yahoo.com)

Total (as of September. 21, 2013)	6830
Coaches	444
Level I- 316, Level II – 95, Level III -13	
Officials	318
Association – 204, National – 49, Master - 65	
Adult Athletes	2641
Racewalking	125
40 & Older TF	813
T&F 19-39	842
MUT	1206
LDR	1941
Cross Country	1737
Youth 3-18	3329
RW youth	170
TF	3233
XC	1278
Disabled Athletes Adult	13
Youth DA	2

Call for 2014 Track and Field schedules:

Association scheduler Bill Hawkes needs T&F schedules with major meets or championships for inclusion into the Association master T&F schedule by 15 October. Send meeting info along with a contact to Bill at:

flojo1049@yahoo.com

2013 Pacific Association USATF Final T&F Grand Prix Standings:

Compiled by Women's T&F Chair Fred Baer (frdbaer@aol.com)

GP Guidelines:

- Minimum of 900 points on IAAF tables to score in an outdoor meet during PA GP season.
- Only the highest scoring event in any meet qualifies.
- Maximum of 3 meets outside PA region and five total meets score – all prior to USATF Championships.
- USATF Championships are a bonus meet for those who qualify.
- Double points awarded for best event score at the Pacific Association Championships

(Recap of number meets *used for GP score* listed in parentheses for each athlete.)

MEN'S GP FINAL STANDINGS:

Name	Events	Points	Award
Nkosinza Balumbu, Union City <i>(5 meets in PA including PA championships plus USATF championships)</i>	Triple Jump	7152	\$1700
Rubin Williams, San Jose <i>(3 meets in PA including PA championships, 5 total meets)</i>	100-200	6392	\$1300
Andres Perezchica, Oakland <i>(2 meets in PA including PA championships, 5 total meets)</i>	800	6166	\$1000
Emmanuel Solomon, Daly City <i>(5 meets in PA including PA championships)</i>	110 HH	5601	\$800
David Torrence <i>(PA championships, 3 total meets plus USATF championships)</i>	800-Mile	5438	\$700
Fletcher Carlyle, American Canyon <i>(3 scoring meets in PA, 4 total meets)</i>	High Jump	3973	\$600
Ross Blanchard, Novato <i>(3 meets maximum outside PA)</i>	110 HH	3003	\$500
Tim Tollefson, Mammoth Lakes <i>(1 meet in PA, 3 total meets)</i>	Steeplechase	2954	\$400

WOMEN'S GP FINAL STANDINGS:

Name	Events	Points	Award
Amy Haapanen, Manteca <i>(3 meets in PA including PA champs, 5 meets plus USATF Championships)</i>	Hammer Throw	7130	\$1700
Dominique Jackson, Fairfield <i>(3 meets in PA including PA champs, 5 total meets)</i>	400-800	6225	\$1300
KaraLyn DeWalt, Oakland <i>(3 meets in PA including PA champs, 5 total meets)</i>	Steeplechase	6152	\$1000
Lyndsay Harper, Berkeley <i>(3 meets in PA including PA champs, 5 total meets)</i>	800-1500	6143	\$800
Brett Zorich, Alamo <i>(2 meets in PA including PA champs, 5 total meets)</i>	800	6137	\$700
Jere' Summers, Hayward <i>(2 meets in PA including PA champs, 5 total meets)</i>	Discus Throw	5854	\$600
Tasia Potasinski, San Francisco <i>(5 meets in PA including PA champs)</i>	1500	5740	\$500
Kim Conley, West Sacramento <i>(1 meet in PA, 4 total meets plus USATF Championships)</i>	1500-5K	5626	\$400
Shannon Rowbury, San Francisco <i>(1 meet in PA, 4 total meets plus USATF Championships)</i>	800-5K	5573	\$300
Theresa Raub, Berkeley <i>(2 meets in PA, 5 total meets)</i>	Pole Vault	4739	\$200

Other scorers (no award):

Renisha Robinson, 800-1500m: 1907; Sarah Boyden, Orinda, 1500m: 1890; Kaitlin Gregg, Davis, 5K-10K: 1890; Lindsay Tollefson, Mammoth Lakes, 10K: 948

Communications Committee & Pausatf.org Renovation Report:

Cynici Calvin (cynic@runsra.org)

- The Communications Committee voted to move forward with a Wordpress-based website renovation.

To that end here is the budget proposal the committee submitted:

Line No. 2013

107 1. Website 5000

108 2. Manager 1200

109 3. Athlete Profiles 2500 with an additional \$1000 contingent on the PA having the 2014 US Outdoor T&F Championships; athlete profiles should also include some videos of interviews and action.

- The Committee also agreed to have Alia Gray (Elite distance runner from Santa Rosa; now training in Boulder, CO) proceed with the renovation at a fee of \$20 per hour).
- She is working with Com Com Chair, Cynici Calvin, and pausatf.org web masters Thom Trimble, Jeff Teeters, and Thomas Vincent.

- To date:

- o A Wordpress theme has been selected.
- o The front page "wireframe" created (see page 2)
- o A general site map has been determined with a hierarchy similar to the current site for ease of navigation, but the reliability, ease of use, and general appearance will be vastly improved
- o Although the site will more closely resemble the national site to assist with USATF branding, the site will support the PA's scripts for scoring, clubs and membership updates.

- We anticipate steady progress over the next two months and Alia believes that this project can be accomplished within the proposed budget.

- Additional contingencies

- o Migration of all the material will require some additional volunteer assistance, and Alia is willing to instruct various Committee representatives. This falls into an end goal of having committee representatives have more control over their website pages.
- o A truly lively website requires posting of current videos, photos, art on a regular basis. Com Com will establish a plan to outreach to members, press, freelance photographers & videographers, etc. for this material.
- PA/USATF banner at top
- Social nav top right: Facebook button
- Top Nav
 - o About PA/USATF
 - o Renew/Join Now
 - o News/Links
 - o FAQs
 - o Contacts

- Sub Nav
 - o Youth
 - o Road Racing
 - o Cross Country
 - o Ultra Running
 - o Track & Field
 - o Masters T&F
 - o Race Walking To enable screen reader support, press CTRL + ALT + Z. To learn about keyboard shortcuts, press CTRL + FORWARD SLASH.
 - o Toggle screen reader support
- Alternate sub nav
 - o Athletes
 - o Members
 - o Clubs
 - o Coaches
 - o Officials
 - o Awards
 - o Equipment
 - o Sports Medicine
 - o Forms/Sanctions
 - o Calendar/Meetings
- Calendar, monthly view
 - o Highlighted numbers link through to fleshed-out event details
 - o Events tagged by groups, i.e. 'youth' will be one specific tag
 - Clicking on tab would bring you to all events with this tag, so clicking on the 'youth' tab would bring you to a page with all youth events listed.
- Wireframe for front page

