



Board of Athletics—Compiled Committee Reports ***September 22, 2015—Compiled by Association Secretary J.R. Heberle***

Call For All T&F Schedules

All meet organizers from any level are encouraged to submit your T&F meet information to association master scheduler Bill Hawkes at: Flojo2134@gmail.com

Please include: dates, days, meet name, venue, contact e-mail or website, contact phone number.

Masters T&F Committee

Joseph Ols (masterstf@pacific.usatf.org)

2015 USATF Pacific Masters Track & Field Championships

USATF Pacific MTF Championships were held May 31 at Chabot College

- \$2224 net revenue to Pacific (after expenses of \$2380), per George Kleeman's draft budget 0.9
- 1 WR + 2AR performances! **Lynne Hurrell** F80 in 800m (by 13sec) AND 1500m. **Irene Obera** F80 in 80m Hurdles
- Great performances in individual events
 - 3 age-graded performances 100% or more (**Ed Burke** 108.5%, **Ian Reed** 103%, **Irene Obera** 100%)!
 - 12 add'l 90+% performances including Hurrell 3x, twice in 800m + 4x800m relay
 - Many 80+% performances
- Pacific MTF calculations for Awards, and Certificates designed (not yet created) for top performances in:
 - Throws
 - Sprints
 - Hurdles
 - Distance
 - Most Points
 - Top Club

2015 USATF Western Region Masters T&F Championships

Western Region USATF MTF Combined Events Championships were held Sept 12-13 at College of Marin

- 4th straight year Pacific MTF has offered a Combined Events Championships
- 1st year competition & medals offered in 7 Combined Events (all had participants, except Women's Pentathlons)
 - Women's Decathlon
 - Women's Heptathlon (outdoor)
 - Women's Pentathlon (indoor)
 - Women's Pentathlon (outdoor)
 - Men's Decathlon
 - Men's Heptathlon (indoor)
 - Men's Pentathlon (indoor)
 - Men's Pentathlon (outdoor)
- Pacific supplied Regional medals (purchased in prev year), but no other Revenues/Expenses

2015 World Masters Athletics Championships – Lyon, France

Congratulations to Pacific's great MTF Medalists! [Click here](#) to see who medaled.

Particular Congrats to **Irene**, with 7 Golds & 3 World Records! [Click here](#) to read the details.

2016 North American Icosathlon Championships

Calls / emails / conversations towards this, but no venue/MD identified presently (“deferred success”)

Athlete Support

Like nearly every quarter, a number of USATF Pacific MTF athletes request information, answers or other support, and these are all delivered promptly and informatively as needed/possible, to the best of MTF Committee’s knowledge.

Complete Pacific Weight Set to enable Ultraweight Pentathlon

Multiple attempts to continue procurement process, but no success (again, “deferred success”) passing the baton between MTF Committee members

LDR Committee

Tom Bernhard (LDR@pacific.usatf.org)

Road Grand Prix

Eight races of the 2015 Road GP have been completed. There are no open protests. The Silicon Valley Turkey Trot has been added to the 2015 Road GP with its traditional payout. It was frustrating that the group behind the race took so long to decide to commit to the Grand Prix, but we are glad they decided to come around. This is one of the top 5Ks in the country and provides a significant payday to many Pacific Open athletes. The race has also made a commitment to remain part of the Grand Prix for the foreseeable future.

XC Grand Prix

The first 3 races of the 2015 XC Grand Prix have been completed and scored. No open issues.

MUT

Diana and Tim Fitzpatrick, of the Tamalpa Running Club, did an outstanding job with the 50K National Championship. Tim with his megaphone kept us entertained and especially informed about the progress and competition of the leaders at various points along the course, including how far ahead of the course record they were. The lead changed toward the end with Andy Wacker from Colorado setting a new course record of 3:37:20 plus Patrick Smyth and David Roche coming within 5 minutes of the old record of 3:41:49 set by Alex Varner in 2013. Caitlin Smith of Pacific won the Women's Championship with a time of 4:30:44, only 5:29 off of the course record and outrunning world class ultra runner Emily Harrison by almost 5 minutes.

The race distributed a prize purse of \$5,000, per its bid as accepted by the MUT Council at last year's national convention. The Fitzpatricks are considering bidding again for next year.

Gary Wang is resigning as Ultra Scorer effective next year. Tom Bernhard is planning to look into integrating the Ultra scoring with the Road and Cross Country scoring.

Race Walking Committee

Jon Price (jprice@unr.edu)

Results of the USATF-Pacific Grand Prix races are posted on the website at <http://www.pausatf.org/race-walking/>. The season is winding down, with the last two races on September 20 and October 25 in Carmichael/Sacramento. This year’s prizes will be awarded immediately after the 20K on October 25, and the

Committee will meet then to begin scheduling races for 2016. In recent years, the Grand Prix has included 1-mile, 3,000-meter, 5,000-meter, and 1-hour competitions on the track and 10-kilometer and 20-kilometer races on a road course. In 2016 the 3,000-meter race will move from South Lake Tahoe Middle School to Mount Diablo High School in Concord. Pacific Association race walkers did well at the USATF National Masters Outdoor Track & Field Meet in Jacksonville, Florida in late July:

Karen Stoyanowski took first place in the Women's 60-64 5,000-meter race with a time of 29:43.60 and first place in the Women's 60-64 10,000-meter race at 1:03:32.50;

Joseph Ols took second in the Men's 50-54 5,000 meter race at 41:47.38 and second in the Men's 50-54 10,000-meter race at 1:21:44.10;

Art Klein (formerly with the Pacific Association, now with the Patomac Valley Association) took first in the Men's 60-64 5,000-meter race at 32:24.02 and first in the Men's 6-64 10,000-meter race at 1:08:26.10.

Youth Committee

Charlotte Sneed (youth@pacific.usatf.org)

The Youth Committee is preparing to commence the 2015 Cross Country Season with the first meet on October 4th in Soquel. There will be a total of six club-hosted meets followed by the Pacific Association Junior Olympic Cross Country Championships to be held November 22 at the Willow Hills Cross Country Course in Folsom. The Region 14 Junior Olympic Cross Country Championships will be held November 29 in Fresno. The National Junior Olympic Cross Country Championships will be held December 12 in Albuquerque, New Mexico.

Planning is underway for the 2016 USATF National Junior Olympic Track and Field Championships to be held at Sacramento State University in July of 2016. 8,000 athletes and their families are expected to attend the week long event.

Officials Committee

Mike Bower (mike.pausatf@gmail.com)

Clinics

- 1) Robert Benoy is the new clinics coordinator taking over for Shirley Connors
- 2) Clinics are being scheduled for ARC (Jan 9), Chico (TBD), Serra H.S.(TBD)
- 3) Possibly Santa Cruz & Reno as either clinics or workshops

Officials' Awards Winners

- 1) Dick Connors Meritorious Service – George Kleeman
- 2) Lori Maynard Special Recognition – Bob Rush
- 3) Horace Crow Special Recognition (Field) – Bob Thompson
- 4) Dick Barbour Special Recognition (Track) – Bruce Makinson
- 5) George Newlon Special Recognition (Track) – Joe Nemeth

SafeSport

- 1) A must for all USATF officials
- 2) Was offered at the Annual Meeting
- 3) Will be offered as part of the clinics at ARC & Serra
- 4) May be done online: <http://safesport.org/take-the-training>
 - a) Upon completion, a copy of the Certificate needs to be sent to Jim Hume
 - b) Upon completion, a copy of the Certificate must be sent to Len Krsak

Budget

- 1) For certifying Officials, over 400 officials - \$6750 needed
- 2) Awards: increase from \$600 to \$700 for next year

Coaches Committee

Dave Shrock, chair (coaches@pacific.usatf.org)

Your new Coaches Committee for 2015-17:

Congratulations to the following coaches who have been elected to the following roles within the Coaches Committee:

Committee Chair

Dave Shrock: coaches@pacific.usatf.org



Sub Committee Chair: Coaching Education

Dave Bartholomew: coach.daveb@yahoo.com



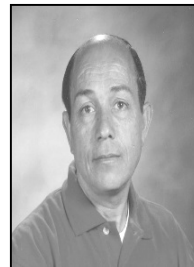
Sub-Committee Chair: Youth/High School

Jennifer Oliver: sportyjoliver@aol.com



Sub-Committee Chair: Open/Collegiate

Al Hernandez: runalrun@yahoo.com



For additional information and Committee OpsProcedures, refer to:

<http://www.pausatf.org/coaches/administrationuseful-links/>

Upcoming Coaching Schools and Clinics:

19-20 Dec	Sat-Sun	Level 1 Coaching School	Sacramento City College
2 Jan	Sat	Power Speed Clinic	Santa Cruz area
17-18 Jan	Sat-Sun	Pole Vault Summit	Reno
17-18 Jan	Sat-Sun	Level 1 Coaching School	Chabot College, Hayward
30 Jan	Sat	HOKA T&F SuperClinic	Sacramento City College
7 Feb	Sat	Willie Davenport Olympian Clinic	Logan HS, Union City
21-Feb	Sat	San Jose State T&F Clinic	SJSU, San Jose

Level 1 Scholarships now available:

The Pacific Association Foundation has made available eight scholarships for full tuition to either the Sacramento or Chabot Level 1 Schools. Applications close 22 November.

For school, clinic and scholarship information, go to: <https://www.pausatf.org/coaches/coaching-education/>

Level 1 Coach Recertification:

USATF Coaching Education has implemented a recertification component to the Level 1 curriculum.

Recertification for Level 1 coaches will be required on a 4-year cycle. To open the new recertification, a "grandfather clause" will be offered from January 1, 2013, through December 31, 2020.

A coach who received a Level 1 certification prior to January 1, 2013, and has not obtained a USATF Level 2 certification must meet the new recertification guidelines. A coach who fails to recertify through the 2020

Olympic quadrennium as of December 31, 2016, will be removed from the USATF coach certification database.

To recertify you may either attend a current Level 1 School, or take the current Level 1 test.

Further information: <http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Level-1-Recertification.aspx>

SafeSport Training:

USATF has joined the United States Olympic Committee (USOC) to implement the SafeSport program. The goal of SafeSport is to provide a safe environment in our sport at all levels, but particularly for athletes who are ages 18 and under. The SafeSport program includes athlete protection policies, guidelines, codes of conduct, a background screening program, education and training, and a reporting process for any SafeSport concerns within our sport.

Youth coaches and all members of the Coaches Registry are required to complete the USOC SafeSport Training Course, as well as your annual background screen (or bi-annual if you are not a USATF Youth Coach). SafeSport becomes a requirement of the Coaches Registry on January 1, 2016.

Association SafeSport Training Opportunities:

Sat, 10 October: Pacific Youth Committee Fall meeting, 12:00 noon-1:30pm

January-February: Officials Committee American River College (9 January) and Serra HS Clinics

Sat, 30 January: HOKA SuperClinic at Sacramento City College, time TBA

All Coaches and Officials may also take the on-line training: <http://safesport.org/take-the-training/>

Legacy Coaching Award nominations now open:

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 asking for nominees for the Legacy Coach Award. Criterion will be weighed 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 to become successful coaches in their own right, in addition to: - mentored former athletes - 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 - candidates could come from any level of coaching.

The deadline for submission of nominees is 31 December, with announcement of the recipient(s) in February at the West Coast SuperClinic. For additional information and award criteria for all Pacific Association awards plus past award winners, refer to: <https://www.pausatf.org/awards/>

Coaching Transitions and News:

Kathleen Raske and husband **Terry Van Landingham** have left Sacramento State after twelve years for her alma mater Southern Illinois. Throws coach **Jeff Magley** has been named interim coach while a national search is conducted.

Tony Nicolosi has been named the new head Cross and Track & Field coach at Cal State East Bay replacing Ralph Jones who moved to North Carolina. Nicolosi was assistant coach in charge of training, recruiting, fundraising and meet management at Western Colorado State University, a successful DII program before coming to the former Cal State Hayward campus.

Joey Nunes, a former Cal State Stanislaus distance standout has been named the Notre Dame de Namur cross country coach. Nunes honed his skills with graduate assistant and intern stints at University of Alaska and Northwest Missouri University before accepting the position at the Belmont University.

Dave Wellman has been hired as the full-time XC-TF coach at Santa Rosa JC after 3 years as a part timer. Wellman replaces Olympian Ron Whitney.

Al Hernandez has taken over as head cross country coach at College of San Mateo. Hernandez served as distance coach at CSM plus DeAnza and West Valley colleges beforehand.

Current UC Davis head coach **Rahn Sheffield** was selected to coach the USA Women's sprints and hurdles at the IAAF World Championships in Beijing. Sheffield was the San Diego State head coach for 23 years prior to coming to Davis three years ago and has served on numerous USATF staffs previously.

Communications Committee

Cynci Calvin (ccalvin@ncbb.net)

2015-2016 FY Com Com Budget Proposal Submitted

Up to \$500: Website annual tech maintenance fee

Up to \$3,000: Website Content Manager (updates and social media posts not handled by the Pacific committees website volunteer reps)

\$2,400: Annual fee for Constant Contact email service

Up to \$2,000: Photographs, videos, articles, press releases to target USATF Pacific 2016 Olympic Team hopefuls. This will not preclude or replace outreaching to volunteer contributors, and the funds will target situations where time is of the essence to produce material for immediate publication.

\$7,900 = Total

Com Com Annual Meeting Meeting Minutes: Sept. 4 - Sept. 17, 2015

1) **Communications Committee Operating Procedures** updated and approved.

2) **Communications Committee Pacific By Laws change** proposal submitted.

3) **Feasibility of relying on the USATF National Searchable Calendar** in place of other committees calendars and the Google comprehensive calendar currently posted at pausatf.org.

- This item relates to goal#2 of the Strategic Plan below.
- The national searchable calendar is an excellent resource. For those of you not familiar with it, we have this link to all the Pacific events posted at pausatf.org in the calendar drop down menu. Also, there're ways to refine your search.
- That said, the Pacific's Grand Prix circuits have always had individual composite calendars to make it easier for those to review the specific events' information.
- In addition, the front page Calendar link feeds the events posted there to various committee's webpages. Perhaps this is an issue for each sport committee to tackle individually.
- Input from Dave Shrock , George Kleeman and Cynci calvin
 - **Dave Shrock:** I agree this can be an option. The calendar can be delineated to specific committees and or listing of our four of California associations as well...this was done and linked several years ago. At the present time events listed on this calendar do not need to be sanctioned, although this is under consideration.
 - **George Kleeman:** How would we include the Officials Calendar or would this continue to be separate? Who would download or input this?
 - **Cynci Calvin:** I believe we should continue to promote the use of the national searchable calendar, but each committee should determine what works best for their athletes and volunteers. Events like the Pacific Officials clinics, the sport-specific clinics, meetings, and other miscellaneous events all need to have listings to help promote them. The main calendar linked from the front page of pausatf.org has provided a valuable resource for these.

4) **Review the Com Com Strategic Plan** (May 2015, page 25-29) and suggest ways to proceed with its goals.

- Goal #1 (revitalizing the Communications Committee - confirm members, update operating procedures, etc.) is a bit behind, so we will move the dates out following the outcome of this meeting.
- Cynci Calvin: with the operating procedures almost updated
- Goal #2 (website improvements) is always ongoing but of note is that a Youth Committee Com Com

rep has joined Com Com; posting of more photos/videos and social media activities need work.

- Goal #3 (More media coverage of Pacific events and athletes) has taken a step forward by adding additional funds to the Pacific Com Com budget for publicizing Pacific Olympic hopefuls.
 - **Dave Shrock:** Great idea leading up to the Trials and Rio.
- Goal #4 (ongoing assistance and review of California Track & Running News) and Goal #5 (creating and sending a quarterly USATF Pacific eNewsletter) are two areas that need volunteers and additional suggestions.
 - **Dave Shrock:** As the CTRN gets more irregular we do need to explore this option. The 5-time-a-year BoA meeting Committee reports do a great job of summations that could be much of the content. Also Andy Martin (formally the Assoc. lead in Indy) has created a monthly newsletter template for associations I'll send Cynci for review...we may not need to hire Andy, but his template is a good start what could be included.
 - **George Kleeman:** Although BoA Meeting Report have the information, suggest it needs to be summarized and made easier for the general public to understand and it needs to be current, i.e within weeks of the meeting. They can look at the meeting report but the newsletter would have a highlight type format with reference as to where to go for more details.
 - **Cynci Calvin:** If any Com Com representative knows on someone who would like to take this task on, please have that person contact me.
- Goal #6 (Multi-Year Membership "Time to Renew" Emailed Notices) - Mark Winitz is involved with the USATF Law & Legislation Committee concerning this.
 - **Dave Shrock:** We are trying to get this done on many levels in USATF!

5) Visual media request: Please email me photos, videos, etc. or links to these so we can keep our Facebook page and website lively.

6) Michael Davidson: Welcome to the Pacific's Communication Committee as the Youth Committee's representative.

Submitted to Com Com members via email on Sept. 4. Action items included:

- Approve or not Communications Committee Operating Procedures
- Approve or not the Meeting Minutes

Approved by George Kleeman, Dave Shrock, Fred Baer, Bill Dodson, George Rehmet. No replies from Tom Bernhard, Jeré Summers, Joseph Ols, Ralph Jones, Mark Winitz, Jon Price, Mike Bower, Michael Davidson.