



## ***Board of Athletics—Compiled Committee Reports*** ***March 22, 2016—Compiled by Association Secretary J.R. Heberle***

### **Associations News**

*Dave Shrock, Association President (President@pacific.usatf.org)*

**2016 Membership Cards to be Mailed Soon-** All new and renewing members for 2016 will be receiving new USATF membership cards after the middle of March.

**Association Marketing Kit** – Once again Indy has offered up to \$500.00 to improve association marketing and branding. Our association BoD has elected to purchase another association branded 10x10 tent as we will require several for the upcoming JO's.

**Association Club Promotion Grant** –Each association has been awarded \$100.00 for aids to promote club membership such as flyers, promotional blasts, etc. Contact Dave if you have ideas to effectively make use of these funds.

**Accreditation-** The Pacific Association has met each of the nine benchmarks to maintain its full accreditation status...thanks to you all for contributing towards this effort!

**2016 Annual Meeting-** Wednesday, 30 Nov - Sunday, 4 December at Orlando's Hilton at Disney World. As this will be an election year with many committee offices including USATF President up for election, get ready for intrigue and excitement!

### **Women's Track & Field**

*Dena Evans (womenstrackandfield@pacific.usatf.com)*

Track season is here!

We have a great Grand Prix for Open athletes, handled again this year by Fred Baer.

<http://www.pausatf.org/usatf-pacific-annual-open-track-field-grand-prix/>

In an effort to help Open athletes find more local meets in which to participate, we have consolidated a schedule consisting of meets available to these athletes.

<http://www.pausatf.org/wp-content/uploads/2015/04/tf2016USATF-Pacific-TF-Meets-for-points.pdf>

While the PAUSATF Open Track & Field Championships will be held in conjunction with the USATF West Region Championships 19 June, **the 5,000m and 10,000m PAUSATF Championships will be contested within the USF Last Chance Meet on May 14.** This has been adjusted in hopes of attracting more participation in the longer events, by moving the date up earlier in the season and hosting the event at a facility more favorable to those events.

**Save the date! Sunday, 19 June - Western Regional Club Champs and PA Champs**

at Edwards Stadium - UC Berkeley...details out soon

## **Masters TF Committee**

Joseph Ols ([masterstf@pacific.usatf.org](mailto:masterstf@pacific.usatf.org))

1.) USATF PA MTF Championships: Sunday June 5, College of San Mateo, San Mateo.

- Leroy Milam to be Meet Director
- In discussion with timing company which is available that day
- To promote Clubs (and Athletes in general) holding 4 Relays
- Adding 7 Combined Events (4W, 3M) for those who do all constituent events

FYI we will be officially adding 4 Relays plus Combined Events (Throws Pentathlon, M&W Decathlon, Women's Heptathlon, M&W Pentathlons) for those doing all constituent events. We will also hold a second 1500m at the end of the meet for these athletes or anyone. Visit <https://www.pausatf.org/masters-track-field/> for more information and as registration becomes available.

2.) Save the dates

Sept 10-11 USATF MTF Western Region Combined Event Championships Marin College, Kentfield

3.) Sierra Gold Masters Track and Field Festival

New PA MTF meet <http://sgmtff.org/> on June 25: "Not just another track and field meet but truly an Event! Twilight meet in the trees, under the lights. Gold Plated Silver Dollars to the best age graded male and female in 5 categories. World Class Medals. Wine from local wineries" :-) Up in Grass Valley - please support our new inaugural meet!

4.) PA's 2016 MTF major meet schedule

- Sunday May 29, Bay Area Senior Games (50+), College of San Mateo <http://www.bayareaseniorgames.org/sports-track-field>
- Sunday, June 5, PA MTF Championships, College of San Mateo <https://www.pausatf.org/masters-track-field/>
- Saturday June 18, Sonoma Wine Country Games(50+), Santa Rosa HS <http://winecountrygames.com/choose-a-sport/track-field/>
- Saturday June 25, Sierra Gold Masters Track & Field Festival, Nevada Union HS, Grass Valley <http://sgmtff.org/> Incl Throws Pent!
- July 14-17 USATF MTF Nationals <http://www.usatf.org/Events---Calendar/2016/USATF-Masters-Outdoor-Championships.aspx>
- Saturday July 23 Pride Meet, SFSU <http://pridemeet.org/>
- Sept 10-11 USATF MTF Western Region Combined Event Championships

5.) Inaugural PA MTF *Grand Prix*! **[Send me](#)** your suggestions.

Open T&F has a Grand Prix to develop athletes to represent USA (e.g., <https://www.pausatf.org/wp-content/uploads/2016/02/tf2016PAUSATF-GP-info-appl.pdf>). \$500 has been committed for PA 2016 MTF *Grand Prix*. We have some thoughts, but would like to solicit yours wrt purpose/structure/awards/etc. (Perpetual Trophies with brass plates, Individual Trophies, Paper Certificates, Cash prizes ... One Winner, Age Groups, Event Groups, Gender Groups, ...??).

6.) MTF athlete cash assistance

First cash assistance program for great MTF athletes, at WMA World Championships in Perth Australia. Total of \$5K budgeted by MTF Exec Committee for those who can garner significant points for USA, and who could not compete otherwise. **[CLICK HERE](#)** for the the MTF Travel Assistance Grant information and application.

## 7.) PA MTF Clubs

Clyde Lehman, PA's MTF Director of Clubs (and Captain of PA *Trkac Racing Team* club) wants to help PA Clubs & Athletes asking, "How may I serve them better? What can we do to support PA MTF's clubs and their athletes?" Contact Clyde directly ([coachclyde1@gmail.com](mailto:coachclyde1@gmail.com)), or me ([masterstf@pacific.usatf.org](mailto:masterstf@pacific.usatf.org)).

As Meet Director, he also writes, "I would also like to extend a personal invitation to attend the Sierra Gold Masters Track and Field Festival on June 25th."

## 8.) Congratulations to PA MTF athletes breaking World / American records last week!

<http://www.usatf.org/News/Forty-three-World-and-American-records-broken-in-t.aspx>

Ed Burke M75	WR WT	AR Super Weight
Joy Upshaw W55	WR 60H	ARs 60m & 200m
Jay Lawson M50	WRs 4x200m & 4x400m	

<http://masterstrack.com/kris-paaso-lowers-w45-american-outdoor-mile-record-to-502/>

Kris Paaso W45	AR Mile
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Anything other PAers might like to know: personal accomplishments, those of others, or general news? I can't tell others if you don't tell me.

## 10.) PLEASE VOLUNTEER TO HELP ME!

Even in small ways. With the website, awards, schedule, meet director, updates of news/performances, sending email, membership, PA MTF Records, marketing and/or communications, MTF Grand Prix, winter championships, Ultraweight Implement purchase, Icosathlon, etc. What might you *like* to do - any visions you have?

## 11.) Free \$\$ to PA when you shop at Amazon:

0.5% of your Amazon purchases will be given from Amazon to Pacific Assoc IF (and only if):

- You "start the purchase process at [smile.amazon.com](http://smile.amazon.com)" (you have to go there first, NOT to their normal homepage)
- Select PA USATF as your charity
- Please do this! Costs you nothing, and we'd love your pennies/dollars. MTF found this opportunity for PA and contributed the first 51 cents. Curious to see what this can become - shall let you know.

## LDR Committee

Tom Bernhard ([LDR@Pacific.usatf.org](mailto:LDR@Pacific.usatf.org))

### LDR Banquet

The banquet was held on 2/20 at the Basque Cultural Center in South San Francisco. Over 100 people attended and the two guest speakers, 2012 Olympian Kim Conley and world renowned sports podiatrist Amol Saxena, gave excellent presentations and were very well received. Over 85 awards were handed out including a Lifetime Service Award to PA VP Irene Herman.

### Masters Road Running

Numerous PA Masters road runners competed at the USATF Masters 8 km Championships held in Brea CA on 2/28. A short report was posted on the PA site: <https://www.pausatf.org/data/2016/PA%20Runners%20-%20Brea%208K%202016.pdf>

## 2016 U.S. Olympic Marathon Trials

13 PA/USATF men and 15 PA/USATF women competed in the Trials race in Los Angeles on a day where temperatures warmed to the 70s during the race. The top PA/USATF finishers were Malcolm Richards who finished 18th in 2:18:40 and Teresa McWalters who finished 38th in 2:45:00.

## 2016 Ultra GP

- 2 PA members (Beverley Anderson-Abbs and Bill Dodson) set new 50K American Records at the Jed Smith 50K on Feb 6th.
- The process continues to find someone to modify the road scoring program to accommodate the Ultra (and eventually the MUT) GP.

## 2016 Road GP

The 2016 PA Road GP Schedule has been finalized and is on the website at: <https://www.pausatf.org/road-racing/annual-road-racing-grand-prix-schedule/>

## 2016 XC GP

The 2016 PA XC GP Schedule should be finalized by the end of March.

### Tentative 2016 PA XC Schedule

Aug 20 - Santa Cruz

Aug 27 - Empire/Santa Rosa

Sept 11 - GGP/SF

Sept 17 - Rebels/Ancil Hoffman/Sacto

Sept 24 - Garin Park/Hayward

Oct 1 - San Bruno

Oct 8 - Willow Hills/Folsom

Oct 22 - Aggies Shoreline/Martinez

Oct 30 - Tamalpa/China Camp

Nov 13 or 20 - GGP Champs

## Youth Committee

*Charlotte Sneed (pa.YouthCommittee@gmail.com)*

## **2016 Youth Track and Field**

The 2016 Youth Track and Field season began this month and will conclude with the USATF National Junior Olympic Championships to be held at Sacramento State University July 25-31. Two Pacific Association club hosted meets have taken place with an additional 12 meets scheduled between March and July.

Volunteers and officials are requested for the following Pacific Association Youth Championship Meets:

- Pacific Association Championships, June 11-12
- Region 16 Track and Field Junior Olympic Championships, June 24-26
- Region 16 Combined Event Junior Olympic Championships, July 2-3
- USATF National Junior Olympic Championships, July 25-31

Please contact Youth Vice-Chair, Carl Bryant ([ceebeerev@sbcglobal.net](mailto:ceebeerev@sbcglobal.net)) to volunteer for these meets.

## **Spring Youth Committee Meeting**

At the February 20 Youth Committee Meeting, the 2016 Pacific Association Youth Cross Country schedule was approved. The season will commence in October and conclude with the 2016 USATF National Junior Olympic Cross Country Championships to be held in Hoover, Alabama.

## **Mark Springer Travel Grant**

The 2016 Mark Springer Travel Grant Application is now open! Now in its 17th year, the Mark Springer Youth Travel Grant Program offers travel-assistance grants to eligible youth clubs across the country to help enable them to attend USATF National Championships.

Selected youth clubs that meet eligibility requirements can receive up to \$1250 via receipt reimbursement after the completion of the Championships.

Apply for the Mark Springer Travel Grant via the USATF youth page.

## **Officials' Committee**

Mike Bower ([mike.pausatf@gmail.com](mailto:mike.pausatf@gmail.com))

- 1) JO's has 120 officials applying. Selection process to begin soon. Officials should have their selections by mid-April with Phil Leake as officials coordinator.
- 2) Open for nominations for officials' awards
- 3) Recertification Clinics (**for ALL officials**) are coming this fall
  - o Possibility of a clinic in the fall (TBD) as well as the spring of 2017.
  - o 3 sites presently available (ARC, Serra, Chico)
  - o If you would care to host a clinic, please let Robert Benoy know ([RBenoy64@gmail.com](mailto:RBenoy64@gmail.com))

## **Coaches Committee**

Dave Shrock, chair ([coaches@pacific.usatf.org](mailto:coaches@pacific.usatf.org))

### **Level 1 Schools and Level 1 Recertification**

The Pacific Association's Level 1 Schools are completed for the season having educated 126 coaches while offering 9 scholarships via the Pacific Foundation.

The next Pacific Association Level 1 School will be 14-15 January, 2017 (*MLK weekend*).

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>

### **Level 2 School:**

The 2016 Level 2 will be held 18-23 July at Marian University, Indianapolis. We hope to host the 2017 school in the west region.

## **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.

Currently 206 Pacific Association coaches, officials and volunteers have completed the SafeSport training which is mandatory to coach or officiate youth under the age of 18 years.

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

## Legacy Coaching 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 has recognized the following pillars of our professions: Jim Hunt, Bud Winter, Jim Santos, Kirk Freitas, Walt Lange, Margaret Dixon, Ed Parker, and Darrell Hampton.

### 2015 Inductee- Willie White (*Berkeley HS-Berkeley East Bay TC-Cal State Hayward*)



Coach White has been instrumental in the development and success of countless young adults in the East Bay since the mid-sixties and is still going strong. Coach White himself was an elite sprinter leading LA'S Jefferson HS to the 1956 CIF state title, followed by earning a spot in the Cal Hall of Fame and sixth place at the 1960 Olympic Trials 100m Dash finals. Coach White's teams at Berkeley HS were what many consider the state's best combined boys and girls teams ever during the 70's and 80s, earning coach White the CIF Coach of the Year award in 1980. Coach White also coached track and volleyball at CalState Hayward during the late 80's, though White has always been close to youth track with the Berkeley East Bay TC and now the East Oakland Track Group (EOTG).

## Upcoming Clinics (*visit the Association's Coaches page for details*)

**20-23 June – Emerging Elite Coaches Camp** – Olympic Training Center, Chula Vista

Available to coaches of all levels who have had success and want to extend their knowledge of events in endurance, jumps, sprint/hurdles, and throws.

**4 August - HOKA Endurance-Crossroads Clinic** - Sacramento City College. *Details to be posted soon.*

## Communications Committee

*Cynci Calvin, Chair (ccrun@ncbb.net)*

### Development of a USATF Pacific eNewsletter update:

Dave Shrock and Cynci Calvin have been investigating other associations' e-newsletters and are trying to find out what Andy Martin charges for the e-newsletters he does for other associations. Primary concerns involve the fundamental need for such a service (i.e. will our members read it?). This will be an item to be discussed in the Communications Committee's Strategic Plan and Annual Committee meeting.

### pausatf.org Update

- Issues with Microsoft's new browser "Edge" have been reported. Also a warning from the search engine Google was received saying our website was not mobile-device compliant. Thomas Vincent, Sean Dulany and I are investigating solutions to solve both these issues.
- A "Road to Rio" page has been added to the website, where news and stories about PA athletes' attempts to qualify for Team USA.
- Funds were allocated to update the Ultra and Cross Country scoring software programs, but the appropriate person to perform these updates has not been found. Manual scoring is extremely tedious, so outreach for a person to do this will continue.

## USATF Compliance

USATF Pacific's website was found to be in compliance on all counts with USATF's standards.



## Strategic Plan - Communications

Issues that will be addressed are:

- Ongoing improvement of the composition of the Communications Committee: specifically we need volunteers for Masters Track & Field and Track & Field Committee website updates, website update help for the Youth Committee rep Michael Davidson, and a PA Facebook volunteer.
- Outreach to association members for stories, photos, videos, etc. to keep our members informed and our FB pages and website lively. This is especially needed for the Youth Committee as we approach the National JO T&F Championships coming to Sacramento in July.
- Determine the need for and more details about producing a USATF Pacific e-newsletter.



*George Kleeman, President - PA USATF Foundation (george\_kleeman@comcast.net)*

I just wanted to update you on the activities of the Foundation in since September as well soliciting your help and financial support for the Foundation.

Fall in conjunction with the Coaches Committee and Dave Shrock; we presented Educational Grants to 9 grants for attendance at either the Level 1 Clinic at Sac City College in December or Chabot College in January. We also awarded two travel grants to "B" qualifiers for the Olympic Marathon trials in January.

In addition, this year we awarded 12 elite athlete grants to athletes trying to qualify for the 2016 Olympic Team this month. Eight of them have Trials qualifying marks already. The other four have had qualifying or near qualifying marks in the last couple of years. These grants can be used for travel to competitions, training or medical support. The list of winners can be found on the Foundation Website.

Plans are underway for Level 1 Coaches' clinics in the fall and for the Level 2 Coaches' clinic next year on the West Coast.

Here is where the money pitch comes in. If you can afford it and are interested in supporting any of these activities, we ask you to donate to the PA USATF Foundation. Instructions on how to do this are available on the Foundation webpage that is connected to the PA webpage i.e. [www.pausatf.org](http://www.pausatf.org).

We are still looking for a seventh director who would have some marketing and fund raising expertise. If you know of anyone let George Kleeman or any of the other directors know.