

PacificCurrents

Coaches Newsletter - Fall 2014

Please provide newsworthy information to Pacific Association coaches chair Dave Shrock at coaches@pacific.usatf.org for inclusion into the next newsletter due out in the winter. For current information refer to: www.pausatf.org

Level 1 Schools

The most comprehensive track and field training program in the nation, consisting of 21 hours of instruction focused on the events of track & field and related sport science. The course includes classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instructional techniques, in addition to specific event group training of endurance, sprints/hurdles, throws and jumps.

Sat-Sun, 13-14 December: Clovis West High School, Fresno
Contact School Director Martin Palavicini at coachpalavicini@yahoo.com

Sat-Sun, 17-18 January: Chabot College, Hayward
[Click here for detailed school flyer](#), or contact School Director Dave Shrock at coaches@pacific.usatf.org.
Eight full tuition scholarships will be provided by the PAUSATF Foundation.
[Click here for details](http://www.pausatf.org/data/coach/coachevents.html) or refer to: <http://www.pausatf.org/data/coach/coachevents.html>

For additional listing of school in your region, click on:
<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools.aspx>

Upcoming Clinics

28 Dec-4 Jan: 2015 USATF-IAAF Academy for Combined Events and Jumps:

USOC Olympic Training Center - Chula Vista, California

The IAAF Academy Diploma for Elite Coach is the highest recognized achievement awarded through the IAAF Coaches Education and Certification System (CECS). In addition to the IAAF Diploma, all USATF Level 2 coaches who complete the course will receive a Level 3 certification in their selected event, which is the highest coaching honor in the US. [Click here](#) for further information and submit with resume [Terry Crawford](#), Director of Coaching. Application deadline is: November 24, 2014.

Monday, 19 January: San Jose T&F Coaches' Clinic:

Branham HS, San Jose. One day Clinic covering multiple facets of Track and Field. Contact Coach Tobias McLeod at tmcleod@cuhsd.org or <http://www.pausatf.org/data/coach/coachSanJoseCliniclores.pdf>

Sat, 31 January: 6th Annual HOKA One One West Coast SuperClinic:

Sacramento City College. Spend the day investing in your season's success by learning from the top coaches in six event group areas: endurance, sprints/hurdles, jumps, throws, auxiliary, and ultra-running. Many of the country's leading coaches such as Cal's **Ed Miller**, Washington State's **Rick Sloan**, BYU's **Patrick Shane**, noted endurance coach and writer **Jay Johnson**, and Olympians **Suzy Powell** and **Mike Buncic** will highlight the stellar group of presenters. For more information and updates, refer to: <http://www.pausatf.org/data/coach/2015SuperClinic/2015superclinic.html>

Sat, 7 February: Willie Davenport Olympian's Learn-by-do Clinic:

Logan HS, Union City. Come learn from the Olympians at the venerable learn-by-do opportunity. Info will be posted on: <http://logantrackandfield.com>, and click on Olympian's Clinic.

Sat, 21 February: Pioneer T&F Coaching Summit:

CSU East Bay, Hayward Come and learn and share with the region's leading coaches including Olympians **Marylin King**, **Regina Jacobs**, 2014 HS Coach of the Year **Donney Jones**, noted Logan HS and Academy of Arts jumps coach **Arno Brewer**, and perennially successful American River College sprint coach **Mike Reid**. Registration will be limited to 70 participants so you are encouraged to register early. Additional information and registration <http://www.pausatf.org/data/coach/coachPioneerSummitflyer.pdf>; or contact Coach Ralph Jones:

Annual USATF Pacific Coaches Committee Meeting

Saturday, 31 January, from 12:45-1:00pm at the SuperClinic - Sacramento City College: The Coaches Committee will host its annual meeting during lunch from 12:45-1:15pm. You do not need to have paid for the clinic to attend this meeting. Please send any items you want placed on the agenda to Dave Shrock at coaches@pacific.usatf.org by 15 January, and the meeting agenda will be posted on the PA coaches website one week before the meeting. *All are welcome!*

Call for nominees for the USATF Pacific 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 asking for nominees for the 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 to become successful coaches in their own right, in addition to:

- mentored former athletes
- 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
- candidates could come from any level of coaching

The deadline for submission of nominees is 31 December 2014, with announcement of the recipient 31 January at the HOKA OneOne SuperClinic. For the nomination form and further info. including past recipients, refer to the Association awards page at: <http://www.pausatf.org/data/awards.html>

Prohibition of Jewelry Lifted in High School Track and Field

Effective with the 2014 high school Cross season, the prohibition of jewelry will be eliminated. "The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents," National NFHS T&F Liaison Becky Oakes said. "Elimination of the rule allows officials to focus on meet administration directly related to actual competition".

Pacific HS Runners Going Postal!

The people at [Hoka One One](#) have decided to bring back the old [National Postal 2 Mile competition](#), and the Sacramento Running Association is excited to help Hoka One One rekindle this great high school running tradition in the Sacramento area. Your cross country athletes are invited to participate in a free 2-mile Time Trial for all Sacramento area high school runners on **Thursday evening, November 20th at 5:00PM at American River Community College track.**

We will run heats of 2-mile races on the track that evening that athletes/coaches can use in a variety of ways:

- 1) An end-of-the-season time trial that can be a benchmark for track season
- 2) XC State Meet prep workout
- 3) A "run-off" for a State Meet spot
- 4) Time to use to enter a high school club team into the Hoka One One National Postal Competition ([more info about Postal rules](#))

This event is 100% free to all high school runners -- just have them show up and run! Due to CIF rules, the high school runners will have to run "unattached" at this event.

For planning purposes and so we can outline a general schedule of heats,

please send a brief email Monday 11/17 letting me know if runners from your school plan on participating in this event. Scott Abbott- Sacramento Running Association, www.runsra.org, 916.569-8535, scott@runsra.org

Additional Cross opportunities for HS Youth Harriers

If you have athletes wishing to continue their Cross Country season, USATF is hosting two upcoming meets which offers your runners an opportunity to further test themselves against athletes in their age group while having a chance to qualify for national championships! Check out these opportunities by clicking on the links below:

Sunday, November 23 - Pacific Assoc. Junior Olympic XC Championships-Folsom

entry deadline is Tuesday, November 18 at 11:59pm

Sunday, November 30- Region 14 Junior Olympic Championships-Folsom

entry deadline is Tuesday, November 25 at 11:59pm.

In most instances athletes must qualify from the previous week's Assoc. JO Champs to compete in the Region 14 Champs. High School athletes may submit a request to compete in the Region 14 meet by completing the waiver on the last page of the Region 14 meet information, linked above. Deadline for all waiver requests is 11:59pm PST on November 18, 2014.

For additional information, contact Youth Cross Chair Charlotte Sneed at cheetahs@rocketmail.com

Coaching Transitions

New Collegiate Coaches: Combined events specialist **Kendra Reimer** has been appointed head T&F coach at San Francisco State after Cross coach **Tom Lyons** filled the interim position for over a year. A multi events athlete at Texas A&M, Reimer has coached previously at DIII Claremont-Mudd Colleges in So-Cal. **Kimberley Graham-Miller** has joined the SacState staff assisting with the sprints hurdles. The 1996 Olympic gold medalist in the Women's 4x400 has previously coached at Duke, Virginia, UC Davis and Illinois, and most recently UC Davis. While at Duke and UVA, she coached five All-Americans, three ACC champions and eight all-ACC athletes. Kim joins another Olympic gold medalist on the Hornet Staff with **Stephanie Brown-Trafton**, the Olympic Gold medalist at the Beijing Games assisting with throws and operations.

Kyle Whitmore, previously at Hercules HS has been hired part-time to coach T&F at Diablo Valley College in Pleasant Hill, while former head coach **Shelly Pearson** remains Cross Country coach. CC San Francisco has appointed Col. of San Mateo assistant **D'Marcus Williams** to head its T&F programs on a part-time basis.

Missing from the Track

Randy Sturgeon passed away on 4 September after a long bout with cancer. Editor of the widely read National Masters News, along with coaching at several San Joaquin area high schools including Del Campo, El Camino, Cordova and more recently Granite Bay, Surgeon also coached with association clubs Buffalo Chips and River City Rebels.

Ernie Bullard, who succeeded Bud Winter at during San Jose State's 'Speed City' era passed away 21 August after a series of illnesses. Bullard coached the Spartan thinclads from 1970-1984 before moving south to his alma mater USC. A noted technician, motivator and author, Bullard coaches two world record holders and numerous NCAA Champions during tenure at San José State.

Calling all T&F Schedules

All coaches from any levels are encouraged to submit your T&F meet information to association master scheduler Bill Hawkes ASAP at: Flojo2134@gmail.com Please include: dates, days, meet name, venue, contact e-mail or website, contact phone number. The master schedule should be posted by 1 December on www.pausatf.org

Clinics to become T&F Officials

The Pacific Association's Officials Committee conducts excellent one day clinics for any one interest in becoming officials or learning more about the technical side or our track and field. For full information refer to: <http://www.pausatf.org/data/officials/off2015trainingclinics.pdf>

- Jan 10 - ARC (American River College)
- Jan 24 - Chico
- Jan 31 - Hartnell (Salinas) - *Tentative*
- Jan & Feb - Los Gatos H.S. - All Comers Meets - *Dates TBA*
- Feb 7 - Intro + Practicum - UC Berkeley (Wind Gauge, Umpiring, Implement Inspection)
- Feb 7 - Intro + Practicum - UC Davis (Implement Inspection, Umpiring, Starting)
- Feb 8 - Serra H.S. (San Mateo)
- Feb 21 - Freedom H.S. (Oakley) - Intro to Track & Field Clinic + Officiating Practice at afternoon track meet
- Mar 7 - Rocklin H.S.(Rocklin) - Intro to Track & Field Clinic + Officiating Practice at afternoon track meet

Useful information

USATF partners with field video analysis tool:

USATF has partnered with CoachesEye which works on apple, droid, and Microsoft for on-field analysis for a modest price: <http://www.coachseye.com/sports/track>

USATF to implement USOC SafeSport Program:

USATF is rolling out implementation of the USOC SafeSport Program which will eventually be mandatory for all background checked coaches, administrators and officials for better awareness and protection of our youth. Stay tuned for more information in 2015. More information:

<http://safesport.org/what-is-safesport/the-usoc-program/>

USATF partners with Hershey to promote RunJumpThrow:

USA Track & Field and Hershey teamed up to create **RunJumpThrow (RJT)**, a hands-on learning program that gets kids excited about physical activity by introducing them to the basic running, jumping and throwing skills through track and field. The RJT plan offers a selection of twenty learning stations for organizers to choose from, including dynamic warm-up, running form and technique, standing broad jump, softball throw and one-legged hop. **Charlotte Sneed** and **Maura Kent** have agreed to serve as our association liaison. Further information:

<http://runjumpthrow.usatf.org/>

Clinic Notes and Publications

2014 Super Clinic Topics and speaker notes:

<http://www.pausatf.org/data/coach/2014superclinicspeakersreports.html>

USOC Coach Magazine: Free e-zine resource for all coaches with informative articles on training and peripheral considerations common amongst all Olympic sports.

<http://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/Coach-E-Magazine>

Techniques Magazine: A great free quarterly e-zine from the collegiate USTFCCCA with informative article on all aspects of our sport. <http://www.ustfccca.org/coaching-central/techniques-magazine>

Coaching Athletics: Free e-zine devoted solely to coaching our sport with feature articles and training tips: <http://coachingathleticsq.com/content/subscribe-today>

Coaching Youth Blog: Youth Level 2 School founder and youth development expert Dr. Matt Lydum has created a blog with interesting articles and information pertaining to youth. The first entry deals with Daniel's Running Formula as applied to youth endurance runners:

<http://youthsportcoaching.info>