



California Currents

Coaches Newsletter – Winter 2010

Please provide newsworthy information to Pacific Association coaches chair Dave Shrock at dshrock@pacbell.net for inclusion in the next newsletter due out in the late spring. For current information refer to: www.pausatf.org

If you want to be placed on the server to receive this coaches newsletter, please send an e-mail to 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 Pacific Association Coaches Association just completed its second Level 1 School at Chabot College with 152 coaches increasing their effectiveness in the two association schools this past year. Next year's schools will be held the second weekend of December and the third weekend in January. Further information will be posted on the www.pausatf.org site.

Saturday, 23 January: VS Athletics 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. Seventeen nationally recognized clinicians will provide information that you will be able to apply immediately to your program's improvement in the event group areas of sprints/hurdles, endurance, throws, and jumps. Go to www.VSAthletics.com for full information and speaker topics.

Saturday, 13 February: 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. Coaches who complete this clinic will be eligible to attend the inaugural Youth Level 2 School 1-5 August in Sacramento. For further info, refer to www.pausatf.org, and click on coaches, then schools and clinics.

Saturday, 13 February: Willie Davenport Olympian Learn-by-Do Clinic: at James Logan High School. Northern California's best Learn-by-do clinic for youth, and athletes of all ages! 8:00-9:00 Registration, 9:00-4:00 Events Individuals \$25.00 Youth \$10.00 Team \$350.00. **For More Information:** Lee Webb: 510-471-2520 Ext. 5113; or lee_webb@nhusd.k12.ca.us. To register and for further information, refer to: <http://www.jameslogantrackandfield.com>, and click on Olympians.

10-17 July: USATF Level 2 School: Villanova University, Pennsylvania. Eight Day academy style event group specific training course. Full details and applications will be posted in February. For further information, refer to: <http://www.usatf.org/groups/Coaches/education/>

1-5 August: USATF Youth Level 2 School: Lions Gate Hotel, Sacramento: Inaugural Youth Level 2 School immediately following USATF JO's at Sacramento State. Primarily for youth T&F club coaches. Attendees must have completed a Level 1 School or Developmental Coach Program. Full details and applications will be posted in February. For further information, refer to: <http://www.usatf.org/groups/Coaches/education/>

Youth-High School Notes:

2010 High School and NCAA Rule Changes have been posted on the Officials Rules page: www.usatfofficials.com/rules.html

29-30 January: Pole Vault Summit-Reno: The nation's most comprehensive pole vault event resplendent with clinic presentations, competitions and vendor expo for all ages and levels of pole vault enthusiasts. Refer to the following site for info: <http://www.ucspirit.com/about/pole-vault.cfm>

5-6 February: 2010 Run for the Dream Indoor Track & Field Meet-Fresno 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 scheduled for 23 January. The meet will be held in the Save Mart Center on the Fred and Madeleine Arnold Tartan Track. Meet information is available at: www.RunfortheDream.com.

27 July-1 August: National Junior Olympic Track and Field Championships coming to Sacramento in July: Sacramento State plays host to the 2010 National Junior Olympics from 27 July-1 August. For preliminary information, refer to: <http://www.pausatf.org/data/ytfo2010passport.pdf>

Check out the revamped youth web page filled with info, highlights, and photos at: <http://www.pausatf.org/indexyouth.html>

Missing from the track:



Our community lost two great leaders in the fall who for decades furthered our profession in many ways:

Ed Parker: Teacher and coach at Mills HS (*Millbrae*) for over 30 years. Coach of the pioneering Millbrae Lions TC which developed seven Olympians, scores of national champions, and furthered the cause of inclusion of women in sports. Parker was above all a dedicated teacher and promoter of our sport who passed away on 29 October in Gold Run.



Tim Bruder: Coach and auto-shop teacher at Alhambra HS (*Martinez*) for over 20 years. North Coast Section XC championships director for the past 15 years, and director of the Martinez Relays. Passed away on 28 November the day after attending the CIF XC championships at Woodward Park.

College, Open and Masters Notes:



Conover named Cal Poly Director of Track & Field/Cross Country: Mark Conover, who has served as the cross country coach and distance coach at Cal Poly for the past 12 years, was recently named Cal Poly's Director of Track and Field/Cross Country. He has coached the Mustangs to four top-20 finishes in the NCAA Division I Cross Country Championships. In 1988, Conover was the Olympic Trials Champion in the marathon and went on to run at the 1988 Seoul Olympics. Conover replaces **Terry Crawford**, who after an 18 year tenure at Cal Poly's helm, left in the summer to become USATF's Director of Coaching Services.

Big news on the open LDR scene is the Bay Area Track Club received 'USA Distance Project' designation by USATF. For further info: www.bayareatrackclub.com

For the latest on NCAA rule interpretations and changes, go to:

<http://www.ncaa.org/wps/naaa?key=/naaa/naaa/sports+and+championship/track+and+field/playing+rules/index.html>

9-10 July, 2010: National T&F Club Championships: will be hosted at San Francisco State. The nation's top club athletes compete in this meet with a goal to bolster the club organizations in USATF. A great opportunity for open and collegiate athletes if they belong to a USATF club. For a listing of PA clubs to contact, refer to: <http://www.pausatf.org/indexclubsa.phpn>

22-25 July, 2010: National Masters Track and Field Championships come to Sacramento- Sacramento State's Spano's Athletic complex. The nation's top masters athletes from ages 30-95 will compete in the national championships, which also act as a tune-up for 2011 World Masters Championships also to be held at Sacramento State. For preliminary meet information, refer to: <http://www.usatf.org/events/2010/USAMastersOutdoorTFChampionships/>

Master Track & Field Schedule:

The full Pacific Association T&F master schedule for all divisions is posted at: <http://www.pausatf.org/data/calendar.html>. For any additions or updates, send an e-mail to Bill Hawkes: flojo1049@yahoo.com

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! 2010 dates are posted at: <http://www.pausatf.org/indexofficials.html>, and then click on clinics.

The informative Officials' e-newsletter *Turns and Distances* can be found at: <http://www.pausatf.org/data/officials/officialnewsletter.html>

Inaugural Pacific Association Legacy Coach Award:



Coach **Jim Hunt**, synonymous with the successes of Humboldt State from the mid-60's to the late 80's is the recipient of the PAUSATF Legacy Coach Award.

Coach Hunt exemplifies the qualities of a legacy coach having coached on all levels for 63 years, while mentoring many of his former athletes and assistants to become successful coaches in their own right. While at Humboldt, Hunt coached 20 individual and team NCAA D-II champions, while being instrumental in the creation of the D-II coach association and serving as its president. Coach Hunt began his coaching career at Wayne State, and coaches at Fillmore, Buena Vista high schools before

Humboldt, and subsequently at Sierra College, UC Davis, UN Reno, and Bishop Manogue in Reno before recently retiring from active coaching. **Mark Conover**, Cal Poly's recently named head T&F coach was coached by Hunt, winning the 1988 Olympic Trials marathon. Hunt has been involved with the Special Olympics for many years while writing authoritative publications, and creating videos on the neurological aspects of distance running.

The Legacy Coach award was initiated by the PA Coaches Committee in recognition of the many influential coaches who have served in our association, and have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession. Criterion is weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves. If you would like further information on the application process, please contact PAUSATF Coaches Chair Dr. Dave Shrock at dshrock@pacbell.net.

Coaching Resources:

Coaching Athletics Quarterly magazine, free to college, club coaches, \$10 to all others, <http://www.coachingathleticsq.com> digital: <http://www.coachingathleticsq.com/read-online>

SpeedEndurance: website with many informative articles in Pdf. format: <http://www.speedendurance.com>

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>

Additional Information:

Websites for additional information and resources: National: www.usatf.org; Northern California and Nevada Pacific Association: www.pausatf.org; California Central Valley Association, from Merced county south: www.central-california.usatf.org; southern California: www.scausatf.org; and San Diego-Imperial, refer to: www.sduatf.org.