



# California Currents

## Coaches Newsletter

Volume VII, Number 3 - Fall 2011

Please provide newsworthy information to Pacific Assoc. coaches chair Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net) for inclusion into the next newsletter due out in the winter. For current information refer to: [www.pausatf.org](http://www.pausatf.org)

### 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 science. The course consists of classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instruction techniques in addition to specific event group training of endurance, sprints/hurdles, throws and jumps. Upon passing the exam, participants will be issued a Level 1 Certificate of Completion.

**10-11 December, 2011:** at Clovis West HS, Fresno.

Refer to: <http://www.pausatf.org/data/coach/coachevents.html>

**14-15 January, 2012:** at Chabot College, Hayward.

Refer to: <http://www.pausatf.org/data/coach/coachevents.html>

### PAUSATF Level 1 School Scholarships Available:

To facilitate the goal of producing well educated coaches, the Pacific Association of USATF (including San Luis Obispo, San Benito, Stanislaus, Tuolumne, counties north to the Oregon border in California, and central/northern Nevada) has made available twenty (20) scholarships to pay the tuition to attend a PA-USATF Level 1 Coaching Education School. Pacific Association registered coaches who complete and submit the application by Sunday, 11 December, 2011 at 5:00pm will become eligible to have their tuition fee paid to the Chabot College Level 1 School. Recipients are responsible for their own transportation, USATF membership fees, accommodation, and meals. Contact association coaches chair Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net), or for further information and application refer to:

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

### 2012 USATF/IAAF Academy for Sprints and Hurdles:



**January 1-7, 2012 - USOC Olympic Training Center - Chula Vista.** USATF Coaching Education has acquired through a partnership with the IAAF a unique opportunity for USATF CE LEVEL 2 certified sprint/hurdle coaches to attend and earn the highest IAAF Academy certification this January at the Olympic Training Center in Chula Vista.

This will be an interactive school which will feature on the track laboratory sessions, video analysis, actual weight training sessions, and teaching/coaching sessions with athletes. The IAAF Academy Diploma will be awarded for completion of all components of the course. **Loren Seagrave**, IAAF Academy Director for Sprints/Hurdles and Dr. **Ralph Mann** are the lead instructors, along with an expert staff from around the world. For US coaches, a Level 2 Certification in Sprints/Hurdles and an active coaching profile are the requirements. USATF will also award four grants to cover tuition, room and board.

For complete information, click on:

<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Special-Programs/2012/IAAF-Academy.aspx>

### Level 2 Schools:

The locations of the Event specific and Youth Specialization Level 2 Schools will be finalized by the USATF Annual Meeting in December. The Event Specific School location will be held in the western region in early July, while the Youth Specific School will most likely be held at the JO championships site of Baltimore, immediately after the JO's.

## USATF On-line Fundamentals of Coaching Course:

The USATF Coaching Education is pleased to offer an ONLINE fundamentals course intended for entry level coaches, parents or volunteers/officials at any level. Two of the primary objectives are to present guidelines of coaching responsibilities and to introduce the basic techniques and coaching cues and drills of the three major event areas of running, jumps, and throws. You will become a **certified coach with USATF and NFHS** (National Federation of High Schools). This online course is designed to deliver the highest quality professional development online at an affordable cost. This course serves to be the gateway to all USATF Coaching Education courses, and is highly recommended for entry level coaches, parents, and volunteers. For further information, refer to the NFHS website, [www.NFHSLearn.com](http://www.NFHSLearn.com)

Refer to the national coaches' education website for further information and to register for schools:

<http://www.usatf.org/groups/Coaches/education/>

## The 2011 Canadian National Endurance Conference:

**9-11 December, 2011 in Vancouver, BC.** The Canadian Athletics Coaching Centre in partnership with Athletics Canada and BC Athletics is pleased to announce the 2011 Canadian National Endurance Conference to be held at The Westin Wall Centre, Vancouver Airport on December 9 to 11.

Keynote presentations by: **Alberto Salazar** (Nike), personal coach to Galen Rupp, Mo Farah, Kara Goucher, Dathan Ritzenhein, and Amy Yoder Begley. **James Li** (University of Arizona), personal coach to Bernard Lagat.

**Margo Jennings**, former coach of Maria Mutola and Kelly Holmes. Other presentations from Canadian National Team Coaches **Wynn Gmitroski** and **Dave Scott-Thomas**, athletic therapists, sports scientists, and Canadian National Team Medical Practitioners. For further information and registration, click on:

<http://www.athleticscoaching.ca/default.aspx?p=enduranceconferenceregistration>

## VS Athletics SuperClinic:

**Saturday, 21 January, 2012 - Sacramento City College.** Come join us in improving your coaching effectiveness in a one-day clinic devoted solely to maximizing your athlete's success. Sixteen 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. Spread the word to all coaches! Last year's clinic was a great success with over 300 coaches gaining practical information to begin their seasons, and **this year the clinic features one of America's best known endurance coaches Dr. Joe Vigil**. For further info. refer to:

<http://www.pausatf.org/data/coach/coachevents.html>, or go to <http://www.vsathletics.com/clinic>.

## Call for nominees for the Pacific Association 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. Long time Humboldt State coach **Jim Hunt** was our inaugural award recipient in 2010, with Jim Santos of Hayward State and **Bud Winter** of San José State (*posthumously*) receiving the 2011 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 1 December, 2011, with announcement of the recipient 21 January at the VS Athletics SuperClinic. For the nomination form and further info. refer to the PA Awards page at:

<http://www.pausatf.org/data/awards.html>, or contact Coaches Committee Chair Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net)

## Youth-High School Notes:

The 2011 PA youth track and field organizational meeting will be held Saturday, October 22<sup>nd</sup> at James Logan HS's old gym beginning at 10:00am

For further info, check out the youth page filled with info, highlights, and photos at: <http://www.pausatf.org/indexyouth.html>

## College-Open

**Elite and Emerging Elite Athlete Training Grants:** The Pacific Association has created a grant program to assist our elite athletes in training for the 2012 Olympic Team in London. If you know of an athlete that has a financial need and has potential to represent the PA at the Olympics this summer, this grant is exactly what they need! Please go to [www.pausatf.org](http://www.pausatf.org) and click on "Elite Athletes" page to find out more information on this grant. The deadline for the 2012 cycle is: Marathon & Racewalk events: December 2, 2011; Track and Field events: March 2, 2012. For further information, contact Pacific Association Elite Athlete Representative: Stephanie Brown Trafton, email: [skbrown44@hotmail.com](mailto:skbrown44@hotmail.com)

### Collegiate Coaching Staff Changes:

**Patti Sue Plummer**, a former world class middle distance runner at Stanford has joined the track and field coaching staff at her alma mater. For the past six years Patti Sue has been coaching track and field and cross-country at Los Altos High School. She replaces **David Vidal** who has left the University to attend law school.

**Mary Jo (Alexander) Pruitt** has left the track and field office at Stanford to take a job in the athletic department administration. **Joe Wagstaffe** has replaced Mary Jo as Director of Operations in the Cardinal track and field office.

**Matt Chisam**, former Saint Francis High School, (*Mountain View*) and UC Davis combined events athlete has joined the coaching staff at Cal. Matt comes back to California after four years coaching at Harvard. Matt's father, Scott, was a former distance coach at Stanford. **John Dagata** will also join the Golden Bear staff coaching throwers. Dagata headed the Welsh national team at the Daegu world championships. Jumps coach and home meet coordinator **John Rembao** has left the program.



UC Davis Head Coach **Bryon Talley** has left the program with Cross Country Coach **Drew Wartenburg** (*left*) taking over as the head Track and Field coach as well.

New Balance Silicon Valley athlete **Chantelle Wilder** becomes assistant coach at Santa Clara University leaving Los Gatos High School.



**Ralph Jones** (*left*) is the new full-time head Cross and Track & Field Coach at Cal State East Bay, formally Hayward State. Coach Jones comes to E'Bay after a successful tenure at Morgan State, and will run a predominantly track event program for both men and women until facilities can be rebuilt on the Hill. E'Bay has joined the California DII CCAA conference this year. Coach Jones hope to eventually to rebuild the program known for NCAA championship teams under coaches **Jim Santos, Don Chu, Dr. Harmon Brown,** and **Marcel Hetu** in the 1970's.

**UC Merced** cross country program joins NAIA collegiate competition, while **UC Santa Cruz** adds men's cross country.

Stanford will host the NCAA West Regional Cross Country meet on November 12 at the Stanford Golf Course.

### Notes:

High school and NCAA Rule changes for the 2011 and 2012 seasons are now available on the USATF Officials rules page at <http://www.usatf.org/groups/officials/resources/rules/>.

### Looking for track and field schedules:

**Bill Hawkes** has again volunteered to collect data for the 2012 Association track and field calendar. Meet directors please send all dates to Bill by Saturday, November 15<sup>th</sup>. Bill's email address is: [Flojo1049@yahoo.com](mailto:Flojo1049@yahoo.com). The master association schedule with youth, high school, college, open and master competitions will be available at [www.pausatf.org](http://www.pausatf.org) in late November.

### Officials Education Clinics for 2011-12:

Official's education chair Shirley Connors is currently organizing official clinics for all levels for the 2012 season. Keep an eye out for information on: <http://www.pausatf.org/indexofficials.html>

### Additional Information:

Websites for additional information and resources:

National Website: [www.usatf.org](http://www.usatf.org); Northern California and Nevada Pacific Association: [www.pausatf.org](http://www.pausatf.org) California Central Valley Association, from Merced county south: [www.central-california.usatf.org](http://www.central-california.usatf.org) Southern California Association: [www.scausatf.org](http://www.scausatf.org); San Diego-Imperial Association: [www.sduatf.org](http://www.sduatf.org)