



# California Currents

## Coaches Newsletter – Winter 2011

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

Successful Coaching Education Level 1 Schools:

The Pacific Association recently hosted two Level 1 Schools at Chabot College and Sacramento City College with a total of 137 attendees. Future schools will be offered on 10-11 December in Clovis, and 14-15 January, 2012 at Chabot College in Hayward. For further info refer to: [www.pausatf.org](http://www.pausatf.org), and click on coaches, then schools/clinics.

Summer Level 2 Schools: The following dates and sites have been determined for the annual Level 2 Schools (*eligible coaches must have completed their Level 1 tests prior to 31 January of 2011*).

- Event Specific Level 2 at Georgia Tech, Atlanta: 10-16 July
- Youth Level 2 School in Wichita, Kansas: 31 July-4 August after the JO's

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

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

July, 2011: Emerging Elite Junior Coaches Camp:

This USATF High Performance Program is offering its' annual Emerging Elite Junior Coaches Camp for high school, club or college coaches who have had success coaching athletes at the state, national or international level. Room and board are paid by USATF for this five day camp at the Olympic Training Center in Chula Vista. Selected coaches have to pay only for transport to/from San Diego and incidentals. Broad event groups include: sprints-hurdles-relays, endurance, combined events, throws and jumps. For more information and camp application contact Mike Holman at: [mhtrackfield1@yahoo.com](mailto:mhtrackfield1@yahoo.com).

19 February: Godina Throws Clinic at Sacramento State:

Coaches Include: John Godina - Four-Time World Champion, Two-Time Olympic Medalist and Stephanie Trafton - Olympic Gold Medalist in the Discus. The price is \$95 per person for both athletes and coaches.

9:00am to 12:00pm - Introduction, Technical Talk and Drill Progression Work; 12:00 to 1:00 - Lunch Break; 1:00pm - 5:00pm - Drill Work and Throwing.

Groups of five or more should contact Mike Curry at 916-670-7706 or [thediscusman@hotmail.com](mailto:thediscusman@hotmail.com) to be registered at a discount.

**Spring 2011: Bay Area Track Club's** Kids Learn By Do Clinics:

**19 Feb-San Francisco at McAteer HS & 2 April at Santa Rosa HS.**

Attendees will have the opportunity to get in-person tips and "learn by doing" instructions from our country's best middle and long-distance professional runners. Learn the proper techniques for: Warm up, building speed and mechanics, efficient recovery from hard efforts, core strength, general strength, dynamic flexibility, and establishing a pre-race routine. For further information e-mail: [contact@bayareatrackclub.com](mailto:contact@bayareatrackclub.com), or refer to: <http://www.bayareatrackclub.com/page/Spring-2011-BATC-Kids-Clinic>.

Master T&F Meet Schedule: invitational, league, conference, and regional championship meet information for all age divisions can be found at: [www.pausatf.org](http://www.pausatf.org), click on officials, and then master schedule. (*Scroll down past clinics to get to meets*).

With the cooperation of the three other associations in California, USATF has created a link detailing all events being held in California: <http://www.usatf.org/calendars/searchResults.asp?associationNumber=44,33,46,38>

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2010 Legacy Coach Award Recipients: *Last year's inaugural Legacy Coaches Award was given to long-time association coach Jim Hunt for his 50 plus year service to our sports. For detailed biographies, refer to <http://www.pausatf.org>, click on the awards page, and scroll to the bottom.*



**Lloyd 'Bud' Winter: San José State: 1940-1970 (Posthumous)**

'Bud' Winter was the architect of 'Speed City' which propelled San José State to the pinnacle of track and field during the mid-1900s. Coach Winter created a legacy not only through his ability to coach, but also through his ability to mentor other coaching hopefuls and promote the sport of track and field. In all, he would coach 102 All Americans, 27 Olympians, and 49 NCAA and 37 world-record holders throughout his career as the Spartans' coach, which took place between 1940 and 1970, though much of Bud's legacy remains the dozens of coaches in all ranks which he mentored.



**Jim Santos: Cal State Hayward: 1970-1980**

Coach Jim Santos has been involved with track and field as a coach and administrator for more than 50 years enhancing the opportunities of his athletes and fellow coaches to attain their personal goals in the areas of sport and track and field. Coach Santos has also been instrumental in the Special Olympics and the promotion of fitness programs which incorporate track and field. Many of those who Jim influenced include John Capriotti and Sieve Miller who began as coaches before joining with Nike, Jan Johnson, Marcel Hetu, Ken Grace, Don Chu and Harmon Brown.

Youth-High School Information:

**26 February:** The Run for the Dream Indoor Meet once again is offering a full slate of youth, high school, college and open events for athlete and spectators. For further information, refer to: <http://www.runforthedream.com>

**Gill Athletics High School Coach of the Year Award:** This prestigious award in its second year asks for all nominations of those who you think worthy. Recipients are awarded a \$5000.00 cash award. For further information, refer to: <http://www.gillcoachoftheyear.com>

**National HS Coaches Association:** has created a new website full of pertinent information for all high school coaches: <http://www.nationalsenate.org>

**Coaching Vacancies:** Dyestatcal continues to post a comprehensive listing of high school coaching vacancies. To look for a position, or to post one, refer to: [www.dyestatcal.com](http://www.dyestatcal.com) and click on coaching vacancies.

Informative websites:

<http://www.all-athletics.com> – International perspective on track and field filled with stats and stores.

<http://www.SpeedEndurance.com> – Jimson Lee does a great job compiling informative training and related articles for all levels.

<http://www.trackandfieldcoach.ca> – Great deal of free content on this Canadian site including video analysis and photo sequences of top athletes.

<http://www.usacoaching.org> – Comprehensive coaching resource website compiled by the US Olympic Coaching Services Department. Recourses for coaching videos, conferences, best practices, etc.

Additional Information:

Websites for additional information and resources: National: [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: [www.scausatf.org](http://www.scausatf.org); and San Diego-Imperial, refer to: [www.sdusatf.org](http://www.sdusatf.org).