

Candidate Statements for Coaches Committee Youth-High School Sub-Committee Chair

Cris Houston

(No photo submitted)

I have been an active scholastic track and field coach with Freedom High School in Oakley, CA since 2014. During that time I have come to recognize the significant need for support for high school coaches the Pacific Association is in an appropriate position to provide. I am running for the Pacific Association High School Coaches Chair position to engage the Pacific Association to advocate for our high school coaches, hopefully enticing more to become members. There are a great deal of highly skilled, dedicated high school coaches who are overworked, while being under recognized and underpaid. I intend to see the Pacific Association Coaches Committee become an integral part of every high school coaches toolkit of resources.

Deborah K. Sample



My name is Deborah Sample. I currently hold the position of Youth Track and Field Chair, also Coaches High School Sub-Committee Chair. I have been an active Youth Board Member for over 25 years. I'm currently working as a High School Throws/Track Coach at Pinole Valley High School. I enjoy working with young people helping them to develop into great and disciplined student athletes. Pinole Valley has been my coaching home for over 23 years, and will continue to coach there until who knows! As your Youth Track and Field Chair, I have had the pleasure of working with clubs and keeping them informed of what is going on in our Association. My main goal is to make sure that our young student athletes are well taken care of and get a fair chance to compete and to grow into well rounded young adults. On a personal note, my children grew up competing with the PAUSATF as throwers and runners. Now I have the pleasure of watching my grandchildren competing in track and field. When re-elected, I will make sure that all clubs continue to stay in compliance with the rule of USATF.