



Compiled Committee Reports Tuesday, March 14, 2023

Associations Committee Report

Dave Shrock (acechair@usatf.org)

Accreditation Report: Each January our 56 national associations have to submit compliance for nine accreditation standards, and the Pacific Association has already submitted our report and remains in full compliance.

2023 Annual Meeting Dates: Our 2023 Annual Meeting will once again be held at the Hilton-Buena Vista, Orlando from Thursday, 30 November to Sunday, 3 December.

2022 Annual Meeting Document Library: For informative on-demand presentations and meeting reports you are encouraged to reference the annual meeting document library. [Click here for link](#)

Coaches Committee Report

Dave Shrock (coaches@pacific.usatf.org)

California State SafeSport Add-On Regarding Child Abuse Reporting:

The California legislature recently put into law guidelines for youth sport administrators, volunteers, and coaches to report any suspected child abuse. [Click here for the full document.](#)

Athletic.net SuperClinic: The 12th edition was held at Jessup University in Rocklin on Saturday, 4 February where over 80 coaches for all levels increased their coaching effectiveness.

[Click here for presentation links](#)

Legacy Coaches Award: The 2023 recipient is long time East Bay youth and community coach Christine Chapon for her work with Youth and the Running for a Better Oakland program.

[Click here for Christine's list of contributions](#)

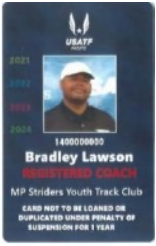
\$100.00 reimbursement for Level 1 School completion!

Association youth club coaches who complete a Level 1 School from January 1, 2022 to December 31, 2023, will be reimbursed \$100.00 provided by the Pacific Board of Athletics and Youth Committee.

Eligibility requirements include: 1) being 3-step compliant at the time of Level 1 completion and at the time of reimbursement request, 2) actively coaching with an accredited USATF Pacific Youth Club, 3) completing the Google Docs reimbursement form, and 4) providing the Level 1 certificate of completion within this timeframe.

If you are eligible, please visit <https://forms.gle/gy9kGrP6hnBroZT68> to obtain your reimbursement.

Coaches Badges: Thanks to an Associations Grant, the Youth Committee lead by LaDonna Aubert, with the assistance of Cris Houston and Dave Shrock, continues to offer a coaches badging program



to better protect our athletes by identifying 3-step compliant coaches. Since its start two years ago, 146 coaches have taken advantage of this free program and ordered badges. Additional members coaches who also have a current background screen and SafeSport certificates may apply at: <https://forms.gle/914hcCKbCyL7NypRA>. All cards will be available at the PA Spring youth events.

Communications Committee, 14 March 2023

Cynci Calvin, Chair (ccrun@ncbb.net)

Pausatf.org

- There is a new front page slide shown (at long last!) honoring many of the 2022 Recognition Awardees from the 2023 Banquet. This will be an annual update following each Annual Recognition Awards Banquet.
- The website had about a 24 hour downtime a few weeks ago due to some essential updates performed by Thomas Vincent. He and I collaborated to get it back up quickly.
- I have been receiving comments/complaints about website updates being slow to appear on the website, especially on mobile phones. I will look into fixes for this to see what is needed to shorten the time lag..

Campaign Manager vs. Constant Contact

- I have had my Campaign Manager questions answered by support and am moving forward with setting up templates for e-blasts, lists to use for sending e-blasts, and creating a manual that will teach new users the system. The manual will include how to set up lists and templates, how to create the e-blasts, and steps to take before sending e-blast.
- Creating this manual has shown me that there is a steep learning curve involved in mastering this system, so that is a strike against it.
- My next step is to assign two or three people who are willing to try the system and give me feedback.
- Another “to do” is to upload some of our larger lists to the system, so we have those to use when we want to reach larger audiences. I am predicting that we will need another 6-month stint with Constant Contact before cutting them loose (if we do).

Lack of a Youth Committee Com Com Rep

- I need the Youth Committee to fill their Communications Chair position with someone who can perform website updates, send e-blasts, create collateral, outreach for and collect photos.
- I have been filling in, but it is crazy not having someone in this position who is familiar with and closer to Youth events and athletes. Remember, I won't be here forever, so that is an added reason for having a person becoming familiar with this role now.
- Basic requirements: familiarity with the WordPress website platform, strong writing skills, an understanding of photo quality parameters, a willingness to outreach to the Youth Committee for stories and highlights. The time required to fill this role can be a little as 2 hours per week, but deeper involvement will mean more time. Lots of flexibility there.

Social Media

- Verity Breen continues to be a key volunteer in this area, keeping the Facebook page lively. <https://www.facebook.com/pausatf>
- She also has the Instagram page going! Be sure to post your USATF Pacific-related photos and videos

there: <https://www.instagram.com/usatfpacificassoc/>

LDR Committee Report

Andy Crawford (andrewbyroncrawford@gmail.com)

Road:

The 2023 Road Grand Prix held its first event on March 5th in wet and windy Redding. A fair participation despite the weather conditions.

MUT:

The 2023 MUT Grand Prix has held 3 events and 2 events have cancelled due to weather conditions. The 2023 MUT Grand Prix started in November with Quad Dipsea, and has also held a road 50k and a trail 50k, both in February.

XC:

The 2023 XC Grand Prix will have increased prize purse for year-end prize money, and the distribution breakdown has been determined and communicated to all race directors and displayed on the website under the schedule. It is planned to continue disseminating this information throughout the year and especially closer to the fall targeting team leaders and participants.

Masters Committee Report

Tuesday, March 14, 2023

Committee Report

Joy Upshaw

Information:

The USATF Masters Indoor Nationals concluded this last weekend (March 10-12) at the Norton Sports Center in Louisville, Kentucky. There were a total 1036 registered athletes!

The age groups went down to Age 25, which brought more athletes to the event. Tyreek Hill (NFL All Pro Receiver for Miami Dolphins) raced the 60m which brought excitement and ESPN/Sportscenter coverage to the event! Social media went wild with over 800K comments and even LeBron James chatting it up.

Earlier this month, Amanda Scotti (PA Masters Vice Chair) and I discussed the committee positions and how we needed to make sure to update the names of the assigned positions on the website. We reviewed our two years of our terms and were happy with the out comes and level we brought to the Masters. Since this is the end of our term, we enjoyed helping to develop a good meet and will help the next Chair with any information they need.

RESULTS of Masters Indoor Nationals:

<http://live.finishtiming.com/meets/514614/team-scores>

Dates:

The upcoming WMA Indoor will be in Torun in the next few weeks.

There are Senior Games throughout the state, two: Bay Area Senior Games (April 23 at CSM) and the Wine Country Senior Games (June 3, Santa Rosa High School). More events are popping up and will be posted on our PA website when dates/times finalized.



Coach Joy Upshaw

'22 USATF Head Coach U20

USATF Level 3 / IAAF Level 5 Elite Jumps, Sprints & Hurdle Coach

USATF National Coaching Staffs

USATF National Coaching Staffs

USATF Masters Hall of Fame

USATF Certified Official

USATF Pacific Association Masters Chair

Founder/ Director Joy's Jackrabbits TC

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