

## Dave Shrock

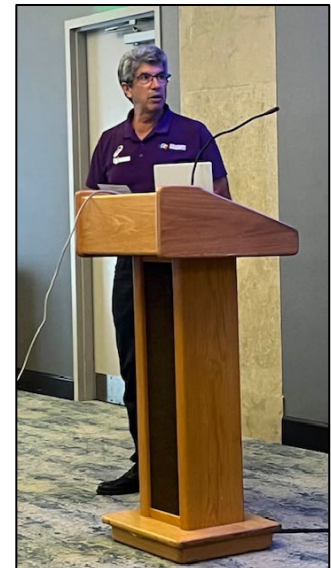
### 2023 Recipient of the Pacific Association's Legacy Coach Award



Dave Shrock began his coaching career nearly fifty years ago at the College of San Mateo in 1976 as the Head Women's TF coach, with stops at Stanford and San Jose State before assuming the head cross country and track & field position at Modesto Junior College in 1996. Under Shrock's guidance, the Pirate Cross Country and Track & Field programs amassed two Nor-Cal championships and three runner-up titles. Shrock was named California Central Valley Coach of the Year ten times while his programs generated sixty-four All-Americans. In addition, in the late 70's and early 80's Shrock coached the successful West Valley TC Junior Program with notable graduates including Mark Conover.

Internationally, Shrock served as the Men's Endurance Coach at the USATF Men's World Track and Field Championships in 2012 in Istanbul, and in 2016 served as the Men's Head Coach for the 2016 NACAC Cross Country Championships in Caracas.

A proponent of effective coaching, Shrock has served as the Pacific coaches chair for over twenty years, and educated over one thousand association coaches hosting both in-person and online Level 1 Schools throughout the region. Shrock also co-founded the association SuperClinic where each year hundreds of coaches improve their skills as well. Farther afield, Shrock was the director of 2004-2016 Olympic Trials SuperClinics, while instructing international coaching clinics and seminars in the Caribbean, the Middle East, and SE Asia. Shrock also served on the Men's High-Performance Committee assisting with the Hurdle Development Group from 2003-2008, and served on the national Coaching Education Committee for over a decade.



During his doctoral studies, Shrock realized the importance of transformational coaches on their athletes and the greater community, and ten years ago created the Pacific Association Coaches

Legacy Award which annually acknowledges coaches who have made a difference within the association while inspiring mentees to become coaches themselves. Shrock once taught a Level 1 school where six of his former athletes were beginning their coaching journey. Over thirty of Shrock's athletes have gone on to coach at the NCAA, Community College, and High School levels, and to this day he regularly collaborates with many brainstorming training plans.

In service to the Pacific Association, Shrock has also served two terms as President, two as Secretary, and meet directed many open association Track and Field Championships. Shrock has also assisted with the management of Jim Terrel's Examiner Indoor Games and the Stanford Invitational before directing the San Jose National Invitational, all culminating with eleven years as the assistant meet director of the California/Modesto Relays. Shrock is a Master Level Official, serving as Referee or Technical Manager at many regional and national championships.

Shrock currently serves nationally as the Chair of the National Association's Committee, which is our organization's largest committee, and sits on the Youth Executive Committee, Accreditation and Site Selection Sub-Committees. In recognition of his leadership on the national level, in 2018 he was awarded the USA Track & Field President's Award, and in December of 2021 Shrock was presented the USATF Giegengack Award, which is the organization's highest award for his nearly fifty years of service in coaching, athlete development, administration, and event management.

In 2022, the USATF Pacific awarded Dave the Tom Moore Award. The Tom Moore Award recognizes outstanding life-long achievement and service to track and field and USATF Pacific. It is named in honor of Tom Moore, the man who founded the California/Modesto Relays and kept them running for over 65 years where 34 world records were set. The award was instituted in 2002, and the first one was presented to Tom shortly before he passed away.

Shrock counts Pacific predecessors Bob Rush, George Kleeman, John Mansoor, Tom Moore, and Payton Jordan as mentors. In honor of Coach Jordan, his fellow track coach Lisa and he named their daughter Payton after him.

