



California Currents

Coaches Newsletter - Fall 2007

Please provide newsworthy information to Pacific Assoc. coaches chair Dave Shrock at dshrock@pacbell.net for inclusion into the next newsletter due out in the spring. For current information refer to: www.pausatf.org

Upcoming USATF coaching schools and summits:

Level One Schools:

7-9 December: Fresno State. Chris Baptista, fsutrack@cvip.net. Further info: <http://www.pausatf.org/pdf/coachesfresno07.pdf>

19-20 January, 2008: at Univ. of California, Berkeley. Dave Shrock, dshrock@pacbell.net. Further information: <http://www.pausatf.org/pdf/coachesberkeley08.pdf>

Up-to-date school info: <http://www.usatf.org/groups/Coaches/education/schools/level1>

Developmental Coaching School:

9 February, 2008: in conjunction with Logan Olympian Learn-By-Do Clinic at Logan High School. This six-hour school is ideal for new coaches and interested parents or volunteers. This school covers basic components which include growth and development, organization and components of training, plus risk management. For further info., contact Dave Shrock, dshrock@pacbell.net, or refer to: <http://www.usatf.org/groups/Coaches/education/developmental.asp>

Level Two Schools:

Mid-July, 2008: Site TBA. Academy format with latest leading edge info. from some of the sports leading coaches. <http://www.usatf.org/groups/Coaches/education>, or contact Mike Corn for information: mcorn@cox.net or 504.734-7902.

National Podium Education Project (formally level 3 Seminars):

This years NPEP will be held in two sessions at the Las Vegas Tuscany Hotel. Open to all USATF member coaches, and registration is free. Registration closes 31 October, or when sessions are full.

11-15 December: sprints, endurance, throws

13-15 December: hurdles, horizontal jumps, high jump, pole vault.

For further information, refer to:

<http://www.usatf.org/groups/Coaches/education/specialPrograms/2007/PodiumProject/info.asp>

CEU's are now available for successful Level 1 and 2 graduates from the United States Sports Academy. Further info. can be found at: <http://www.usatf.org/groups/Coaches/education/specialPrograms/ongoing/USSACEUs/>

Regional state track and field championship teams:

Mt. Pleasant High School of San Jose, under Coach Steve Nelson, won the Girl's CIF State Championships at Sacramento's Hughes Stadium in June with 44 points. East bay and delta schools claimed the next five spots as well: 2. Hercules-27, 3. Bishop O'Dowd-26, 4. Holy Names: 24, 5. St. Elizabeth-24, 6. Davis-18.

American River College of Sacramento, led by coach Jeanette Powless, claimed the community college women's championship held at College of San Mateo's renovated facility with 90.5 points. Multi-event athlete Cristina Hibbert led the Beavers to their first ever state T&F Championship. Oakland's Laney College was second with 83 points, followed by perennial So-Cal power Mt. SAC earning 61 points.

Sacramento City College, under third year coach Rob Dewar, recently claimed the men's state title with 73 points, its first men's title since 1942. Moorpark was second with 72 points, followed by Riverside with 65.5. In mid September Pasadena CC was stripped of the state title due to competing an ineligible athlete, moving Sacramento CC up from the runner-up spot.

Heard on the track:

Coaching changes at **Cal-Berkeley** have come fast and furious after the departure of head coach Chris Huffins in June. Sprints and hurdles coach Bryan Fetzer departed in August for Mississippi State, while throws coach Jennifer Joyce left to resume her competitive career. Long time cross and distance coach Tony Sandoval has assumed the interim program director position, with John Rembao moving across the bay from Stanford to assume the jumps coaching role, and Mike Gipson migrating from Sacramento State to handle the sprints and relays for the Bears.

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Big changes at **Stanislaus State** with assistant coach Troy Johnson assuming the head coaching job at Cal Poly Pomona, replacing retiring coach Jim Sackett after a twenty-seven year tenure. Head Coach Kim Duyst, after eighteen years directing the cross and track programs has been promoted to Associate Athletic Director, opening the head cross country, plus track and field as two full-time positions. For position details which are open until filled, click on: <http://web.csustan.edu/FacultyAffairs/EmploymentOpps.html>.

Sacramento State has hired Jesuit H.S. distance standout Scott Abbott to coach Cross and endurance events.

New Community College Coaches:

Aaron Junta is the new full-time XC-TF position at Redding's **Shasta College** after a successful tenure at East LA College. Dave Flynn moves from De Anza in Cupertino to **San Jose City College**.

Nick Mattis take the reigns of the **De Anza** program after a successful career at Danville Area Community College in Illinois.

The Godfather of coaches in Northern California, **Dr. Harmon Brown**, was recently honored in Osaka during the World Championships being awarded the IAAF Veteran Pin. 'Doc Brown has coached with the Millbrae Lions, Cal State Hayward, where he also directed the Student Health Center, and more recently the javelin at San Francisco State. Doc has served on the IAAF Medical and Anti-Doping Commissions for many years, and was instrumental in promoting the inclusion of distance events for women in the IAAF and Olympics.

Youth notes:

Check out the revamped youth page filled with info. and photos at: <http://www.pausatf.org/indexyouth.html>

Santa Rosa Express coach and administrator **Bob Shor** was recently honored for his forty years of service to the Pacific Association and its youth programs.

High school notes:

National High School Website: The National Senate for High School Track & Field Coaches is building an excellent resource site for high school coaches: <http://www.nationalsenate.org>

High School coaching opportunities: Doug Speck and Rich Gonzalez continue to do a great job of compiling current information on Dyestatcal. Refer to: <http://www.dyestatcal.com/news/xc2005New/CoachOpenings/CoachOpenings.htm>

High school and college participation numbers are in:

High school sport participation continued to grow nationally, with boy's football leading the participation numbers at 1,071,775 participants, followed by cross country and T&F: 742,288. Basketball was third with 546,335 players. Cross Country leads the way in growth in California with a 38% growth on the boy's side, and 48% growth on the girl's side over a ten year period. Boy's track and field has also grown by 27% on the boy's side, with 31% on the girls. Texas has the most high schoolers competing with 742,341, followed by California with 678,019 high schoolers suiting up. For the full story, click on: <http://www.dyestatcal.com/news/xc2007/August/05%20CIF%20Growth%20Survey.htm>

In the NCAA, Cross and track lead the women's participation numbers with 34,099 ahead of 21,709 for soccer, while football leads the men's side with 61,252 followed by 'cross and track participation numbers with 38,968.

Call for track and field schedules:

Official **Bill Hawkes** has assumed the role of association schedule formation from Lori Maynard. If you are hosting a youth, high school, college or open large invitational, league, or section meet, and wish to be placed on the association master schedule, be sure to e-mail Bill with meet details and contact information at: flojo1049@yahoo.com.

Increase your coaching effectiveness:

US Olympic Committee Manager of Coaching Cathy Sellers publishes an informative free quarterly e-zine called Olympic Coach. To sign-up for this free resource, refer to: <http://coaching.usolympicteam.com/coaching/ksub.nsf>

Unique five minute video clips on effective and motivational coaching concepts can be subscribed to by clicking on: <http://www.coachingschool.org>, and then click on 'coaching minute' or the 'coaching e-zine' in the lower left hand corner.

Additional information:

Websites for additional information and resources: National: www.usatf.org; northern California and Nevada Pacific Association: www.pausatf.org; California Central Valley Association, from Merced county south: www.central-california.usatf.org; southern California: www.scausatf.org; and San Diego-Imperial, refer to: www.sdusatf.org.