



# California Currents

## Coaches Newsletter – Fall 2008

If you would like to be placed on the e-newsletter server list, or provide newsworthy information for inclusion into the next newsletter due out in the early fall, please contact Pacific Association Coaches Chair Dave Shrock at [dshrock@pacbell.net](mailto:dshrock@pacbell.net). For current information, refer to: [www.pausatf.org](http://www.pausatf.org)

### **Upcoming USATF Coaching Schools and Clinics:**

#### **Level One School:**

**17-18 January, 2009:** at Sacramento City College. Twenty-one hour in-depth school covering sport sciences and training concepts to increase coaching effectiveness. Contact School Director Matt Lydum at [azsportsresearch@gmail.com](mailto:azsportsresearch@gmail.com), or 419.438-3969, for complete information, refer to: <http://www.pausatf.org/data/coach/coachclinic1.17.09.pdf>

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

#### **USATF National Podium Education Project:**

**8-13 December:** Tuscany Casino & Suites, Las Vegas: The NPEP seminars provide specific scientific and practical information and analysis of our best athletes to ensure that the United States dominates the podium at the Olympics and World Championships. All events are covered in a two-day format, with different groups either the first or second three day period. Seminars FREE to USATF registered coaches. Coaches only pay for transportation and accommodation.

For further information, refer to: <http://www.usatf.org/groups/Coaches/education/specialPrograms/2008/PodiumProject/>

#### **Trials Super Clinic Speaker Notes:**

Presentation notes from 40 of the nation's top coaches presented at the Olympic Trials SuperClinic:

<http://www.usatf.org/groups/Coaches/education/specialPrograms/2008/SuperClinic>

#### **Olympic Notes:** *(updated from original article by Fred Baer)*

**Stephanie Brown-Trafton's** gold in the women's discus capped off an impressive showing by association residents in Beijing Olympic Games. Athletes with Pacific Association ties accounted for more than one-fifth of the individual spots on the U.S. team for the Beijing, with twenty-five of those 114 USA team members (not including the 12 added relay pool participants) have solid PA connections.

Athletes from all extremes of the region are on the team: women's 1,500 meter champion **Shannon Rowbury**, who lives near the beach in the Sunset District of San Francisco, on the west; 800 meter runner **Nicole Teeter** from Cottonwood (near Redding), in the north; triple jump champion **Aarik Wilson** from Fallon (Nev.), which is 50 miles east of Reno; discus thrower Stephanie Brown Trafton from San Luis Obispo, in the south (along with her Cal Poly compatriot **Sharon Day** in the high jump). Both Rowbury and Brown Trafton (who now lives in Galt and trains at Sacramento City College) were world leaders in May.

All three women shot putters are Northern California natives. They include high school record holder **Michele Carter**, who was born in San Jose in October, 1985, while her father Michael (still the boy's prep shot put record holder and the 1984 Olympic silver medalist) was playing football for the San Francisco 49ers (who then trained in Redwood City). A fourth shot putter on the U.S. team, two-time men's Olympic silver medalist **Adam Nelson**, resided in San Carlos and Menlo Park while training at Stanford after his graduation from Dartmouth in 1997. The 2008 world leader is currently completing MBA degree work at the University of Virginia. Tri-Valley Athletics in Stockton provided the final Olympic training launch pad for American record breakers **Brad Walker** (pole vault) and **Suzy Powell-Roos** (discus), plus heptathlon world leader **Hyleas Fountain**, women's high jumper **Amy Acuff** (now a four-time Olympian), men's high jumper **Andra Manson**.

Acuff is the most experienced Olympian on the U.S. roster. Nelson is the most experienced male USA Olympian, making his third USA team after winning silver in 2000 and 2004.

For full results, refer to: <http://www.iaaf.org/oly08/index.html>

#### **Individual Results-Women:**

**Discus Throw:** **Stephanie Brown-Trafton** (*San Luis Obispo native / Arroyo Grande HS / Cal Poly SLO'03 / Galt resident*) former world leader; 3<sup>rd</sup> at trials; 1<sup>st</sup> in 64.74m at Oly. finals

**Heptathlon:** **Hyleas Fountain** (*lives and trains with Tri-Valley Athletics in Stockton*) former world leader, 1<sup>st</sup> at trials; 2<sup>nd</sup> in 6619pts. at Oly. finals

**1500 meters:** **Shannon Rowbury** (*San Fran. native/Sacred Heart Cathedral HS'02*) former world leader; 1<sup>st</sup> at trials; 7<sup>th</sup> pl. in 4:03.58 at Oly. finals

**Long jump:** **Grace Upshaw** (*Berkeley native / Alcalanes HS'93 / Cal'97 / Redwood City-Menlo Park-Los Altos Hills*) formally no. 7 in world, 2<sup>nd</sup> at trials; 8<sup>th</sup> pl. in 6.58m at Oly. finals

**Shot Put:** **Jillian Camarena** (*Woodland native / Woodland HS'00 / Stanford'04*) 3<sup>rd</sup> at trials; 12<sup>th</sup> pl. in 18.24m at Oly. finals

**Shot put:** **Michele Carter** (*San Jose native*) 1<sup>st</sup> at trials; 15<sup>th</sup> pl. in 17.74m at Oly. finals

**Marathon:** **Blake Russell** (*Pacific Grove resident*) 2<sup>nd</sup> at trials; 27<sup>th</sup> pl. in 2:33.13 at Oly. finals

**Marathon:** **Magdalena Lewy-Boulet** (*Cal'97 / Oakland resident*) 3<sup>rd</sup> at trials; DNF at Oly. finals

**800 meters:** **Nicole Teter** (*West Valley HS, Cottonwood / Shasta College'94 / Redwood City-Palo Alto*). 4<sup>th</sup> qualifier, but the 3<sup>rd</sup> finisher with Olympic A standard of 2:00.00; DNF at Oly. qual. rounds

**High jump:** **Amy Acuff** (*Isleton resident / Tri-Valley Athletics-Asics*) 2<sup>nd</sup> at trials, 1.89m at Oly. qual. rounds

**High Jump:** **Sharon Day** (*Cal Poly San Luis Obispo '07*) 3<sup>rd</sup> at trials; 1.85m at Oly. qual. rounds

**Triple jump:** **Erica McLain** (*Stanford'08*) 3<sup>rd</sup> at trials; 13.52m at Oly. qual. rounds

**Shot Put:** **Kristin Heaston** (*Walnut Creek native / Ygnacio Valley HS '93 / Diablo Valley College '94 / Cal'99 / Stanford strength coach*); 2<sup>nd</sup> at trials; 17.34m at Oly. qual. rounds

**Discus throw:** **Suzy Powell-Roos** (*Modesto native and resident / Downey HS '94 / Tri-Valley Athletics-Asics*) American record holder; 2<sup>nd</sup> at trials; 58.12m at Oly. qual. rounds

**Javelin throw:** **Kim Kreiner** (*recent Pacific Association member; trains in Central California at Fresno State*) American record holder; 4<sup>th</sup> at trials but one of only two Americans with Olympic A standard; 55.13m at Oly. qual. rounds

## **Individual Results-Men**

**Marathon:** **Ryan Hall** (*Stanford '06*) 1<sup>st</sup> at trials; 10<sup>th</sup> in 2:12.33 at Oly. finals

**5,000 meters:** **Ian Dobson** (*Stanford '05*) 3<sup>rd</sup> at trials; 14:05.47 at Oly. qual. rounds

**Pole vault:** **Derek Miles** (*Sacramento native / Bella Vista HS, Fair Oaks*); 1<sup>st</sup> at trials; 4<sup>th</sup> in 5.70m at Oly. finals

**Pole Vault:** **Brad Walker** (*trains with Tri-Valley Athletics in Stockton*) American record holder, former world leader, world champion; 3<sup>rd</sup> at trials; NM at Oly. qual. rounds

**High Jump:** **Andra Manson** (*Tri-Valley Athletics / Stockton*); 2<sup>nd</sup> (tie) at trials; 2.25m at Oly. qual. rounds

**Long jump:** **Trevell Quinley** (*San Jose native; Merrill West HS '01, Tracy*) formally no. 5 in world; 1<sup>st</sup> at trials; 7.87m at Oly. qual. rounds

**Triple Jump:** **Aarik Wilson** (*Fallon, Nev. / Churchill County HS '01, Fallon*) formally no. 5 in world; 1<sup>st</sup> at trials; 15.27m at Oly. qual. rounds

**Shot Put:** **Adam Nelson** (*former San Carlos-Menlo Park resident while training at Stanford*) formally world leader, 2<sup>nd</sup> at trials; 20.56m at Oly. qual. Rounds, NM in Oly. finals

**Discus throw:** **Michael Robertson** (*Stanford '08*) 2<sup>nd</sup> at trials; 61.64m at Oly. qual. Rounds

On a sad note, the Tri-Valley training complex in Stockton, which prepared many of the Olympians noted above, is closing down and successful elite coach **Dan Pfaff** is out of a job.

San Jose State T&F supporter **William Brown** is attempting to raise awareness to save Bud Winter Field, which was ground zero for 'Speed City' back in the 1950-60's. For further information, refer to: <http://www.sjsutrackfield.com/savebudwinterfield.htm>

The **California (formally Modesto) Relays** will leave Modesto for Sacramento after a 67 year run at the junior college. Reasons cited for the move are sagging attendance, closer proximity to a national airport, and the college's decision to install what has been described as a 'slow' latex surface. The 68<sup>th</sup> California Relays will be held on Sacramento State's Mondo surface on Saturday, 9 May, 2009.

## **USATF National Annual Meeting Comes to Reno in December:**

Ever wondered how our sport operates on a national level? Here's your chance with the USATF annual meeting coming to Reno 3-7 December. Individual sport governance meetings, hall of fame dinner, coaches and officials clinics make this an interesting affair. All USATF members are welcome, and encouraged to attend. For further information: <http://www.usatf.org/about/AnnualMeeting/>

Both the NCAA, and National H.S. Federation are looking for potential volunteer delegates to fill many of the organizations delegate slots. If you are an NCAA Div. I, II, III head or assistant coach, contact Liz Suscha at the NCAA: [lsuscha@ncaa.org](mailto:lsuscha@ncaa.org); or if you are a high school coach contact Becky Oakes at the NFSHSA: [boakes@nfhs.org](mailto:boakes@nfhs.org)

## **Youth Notes:**

The Youth Committee will have its annual organizational meeting once again at Logan High School, Union City on Saturday, 11 October. For further info, check out the revamped youth page filled with info, highlights, and photos at: <http://www.pausatf.org/indexyouth.html>

## **High School Notes:**

Pacific Association athletes **German Fernandez** and **Jordan Hasay** have both been awarded the national track and field athletes of the year by USA TODAY. Fernandez, who begins his freshman year at Oklahoma, set records from 3,000m to 2 miles, and produced the best one-day ever 1600(4:00.29)-3200(8:34.40) double at the California state meet in June. Hasay, who begins her senior year at SLO's Mission Prep, set the junior 1500m record at the Olympic Trials, while setting age 16 and junior records in the 3,000m and 3,200m. Additional USA TODAY All Americans are: **Nico Weiler**/Sr/LosGatos/PV; **Luarynne Chetelat**/Sr/Davis/3200; **Ashton Purvis**/So/St.Elizabeth-Oakland/100-200m; **Julian Purvis**/Sr/St.Elizabeth-Oakland/100mH; **Alitta Boyd**/Jr/Moureaux Catholic-Hayward/TJ; **Vashti Thomas**/Sr/Mt.Pleasant-San Jose/LJ-TJ

MileSplit has come to the California: <http://ca.milesplit.us/> edited by **Margot Kelly**. MileSplit, along with [dyestatcal.com](http://dyestatcal.com) provide excellent high school and junior coverage throughout the year.

2009 High School and NCAA Rule Changes have been posted on the Officials Rules page: [www.usatfofficials.com/rules.html](http://www.usatfofficials.com/rules.html)

## **College Notes:**

**Kim Duyst**, who coached twenty-one years at Cal State Stanislaus, if being inducted into the US T&F-XC Coaches Hall of Fame at its December Annual Meeting, along with **Peter Tegan**, who recently did a stint coaching cross country at Stanford. Duyst, who coached seventy All-Americans, and served on six USATF team staffs, has recently taken on the role of Associate Athletic Director for the warriors.

Stanford has hired **Jason Dunn**, former ACC coach of the year from Virginia to take over the Cross Country and distance programs, while **Andrew Ninow**, former UCLA thrower assumes the throws. UC Davis has brought in **Drew Wartenburg**, an assistant from Oregon State to coach cross country. Wartenburg takes over from **Chris Pupponie** who has stepped back from coaching to pursue a Masters degree. Former Cal decathlon champion and coach **Chris Huffins** has accepted an assistant role at Boise State. Fresno State has hired Notre Dame assistant **Scott Winsor** to head its cross and track programs, replacing long time director of T&F **Bob Fraley**. Only Jumps hurdles coach **Chris Baptista** remains on staff, while successful throws coach **Ramona Pagel** and cross country coach **Joe Gonzalez's** contracts were not renewed. Former Hartnell coach **JJ Noble** has accepted a part-time assistant role at DeAnza College.

## **Track & Field Schedules needed:**

To get your meet on the master Pacific Association schedules, please send meet information ASAP to Bill Hawkes: [flojo1049@yahoo.com](mailto:flojo1049@yahoo.com). For current listings, refer to: <http://www.pausatf.org/data/calendar.html>

## **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.sduusatf.org](http://www.sduusatf.org).