



# California Currents

## Coaches Newsletter – Spring 2010

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

**Youth Olympic Team Trials:** 3 April: In Arlington, Texas for the 2010 Youth Olympic Games to be held 14-26 in Singapore. Athletes ages 16 and 17 through December 31, 2010 (born in 1993 or 1994) will be nominated for selection to the Americas Youth Olympic Team based on performance at the U.S. Area Youth Olympic Selection Trials - Track & Field (U.S. Area Trials) to be held April 3, 2010 in Arlington, TX. For complete selection procedures, qualifying standards, eligibility requirements and entry information, please visit the [2010 U.S. Area Youth Olympic Selection Trials - Track & Field](#) homepage.

**Call for nominations for National High School Coach of the Year:** Honor your high school coach by nominating him/her for the brand new Gill Athletics National High School Coach of the Year Award! Describe your candidate's coaching record, honors and recognitions as well as highlight his/her service to the sport, school, and community.

Enter your nomination by going to <http://www.gillcoachoftheyear.com/selection.html> downloading the official PDF nomination form, and submitting (online) the completed form by May 21, 2010

**USATF Coaching Education Level 2 School:** July 10-17 at Villanova University, Philadelphia. Standard eight day academy style Level 2 School with event group specialization in throws, endurance, sprint/hurdles/relays, and jumps. For full information, go to [www.usatf.org](http://www.usatf.org) and click on the coaching education logo and then locate a level 2 school.

**2010 USATF National Junior Olympic Track & Field Championships:** July 27 - August 1: Hughes Stadium, Sacramento City College - Sacramento, California. For further information and regional qualifying information, refer to the [www.usatf.org](http://www.usatf.org) site, and then click 'events/calendars' in the top ribbon.

**Inaugural Youth USATF Coaching Education Level 2 School:** August 1-5 in Sacramento - USA Track & Field Coaching Education presented by Gill Athletics will offer the inaugural Youth Level 2 School in Sacramento, immediately following the USATF National Junior Olympics T&F Championships this summer.

Attendees: Youth T&F coaches who have completed a Level 1 School or Developmental Coach Program  
Five day school utilizing sport sciences to examine the best coaching techniques, with an emphasis on the youth athlete, for endurance training, sprint/hurdle events, and field event disciplines. Information to be posted soon on: <http://www.usatf.org/groups/Coaches/education/>

**USATF High Performance Emerging Elite Camps: July, 2010:** US Chula Vista Olympic Training Center. For High School, Club or College coaches who have had success coaching athletes at the State or National level. This multiple day camp involves intensive science-based study and hands-on application in the broad event areas. It is for coaches seeking advanced information, strategies and tactics, with an eye towards elevating their coaching and taking their athletes to the elite level. USATF/USOC will cover all costs EXCEPT for travel. For more information and camp application, contact: Mike Holman: [mhtrackfield1@yahoo.com](mailto:mhtrackfield1@yahoo.com)

**Request for participants in Stanford study on injuries to club affiliated distance runners:**  
This Stanford Medical Schools study seeks to answer questions that are important to the running population, including methods to prevent injuries, appropriate diet, and training. **The researchers seek responses from club runners of all ages, abilities, and years of running experience.** The study hopes to better understand factors that contribute to overuse injuries in runners and methods to protect against injury. Please visit the

PAUSATF website to find the link to the study (<http://pausatf.org/data/2010/rrstanfordstudy.html>). The survey is available online and takes 10-15 minutes to complete.

**National HS Federation-USATF Pre-Meet notes:** Excellent resource for all high school coaches who are putting on meets of any size covering many of the considerations putting on a successful meet. [Click here for the full 16 page Pdf file on the www.PAUSATF.org coaches links page.](#)

**Missing from the Track:**

**Doug Speck**, the patriarch of the high school cross-country and track and field scene as writer, videographer, historian, meet director of the Arcadia Invitational, announcer and statistician for Dyestatcal for more than three decades passed 4 March peacefully after a prolonged battle with melanoma cancer.

**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.sdusatf.org](http://www.sdusatf.org).