



California Currents

Coaches Newsletter – Fall 2012

Please provide newsworthy information to Pacific Assoc. coaches chair Dave Shrock at coachshrock@gmail.com for inclusion into the next newsletter due out in the winter. For current information refer to: www.pausatf.org

Upcoming USATF Coaching Schools and Clinics:



Level One Schools:

Level 1 Certification-New! The USA Track & Field Level 1 Coaching Education course has officially been certified by the National Council for Accreditation of Coaching Education. NCACE promotes and facilitates coaching competence within all levels of amateur sport by overseeing and evaluating the quality of coaching education programs. Level 1 Schools, the most comprehensive track and field training in the nation, consist of 21 hours of instruction focused

on the events of track & field and related sport science. The course consists of classroom instruction as well as hands-on training. The Level 1 program covers all events by emphasizing fundamentals, rules, safety/risk management, and instruction techniques in addition to specific event group training of endurance, sprints/hurdles, throws and jumps. Upon passing the exam, participants will be issued a Level 1 Coaching Certificate.

15-16 December, 2012: at Sacramento City College

Refer to: <http://www.pausatf.org>, then click on 'coaches' in the right pane, and then 'schools/clinics'

19-20 January, 2013: at Chabot College, Hayward

Refer to: <http://www.pausatf.org>, then click on 'coaches' in the right pane, and then 'schools/clinics'

PAUSATF Level 1 School Scholarships Available:

To facilitate the goal of producing well educated coaches, the Pacific Association of USATF (including San Luis Obispo, San Benito, Stanislaus, Tuolumne, counties north to the Oregon border in California, and central/northern Nevada) has made available fourteen (14) scholarships to pay the tuition to attend a PA-USATF Level 1 Coaching Education School. Pacific Association registered coaches who complete and submit the application by Sunday, 25 November, 2012 at 5:00pm will become eligible to have their tuition fee paid to the Sacramento CC or Chabot College Level 1 Schools. Recipients are responsible for their own transportation, USATF membership fees, accommodation, and meals. Contact association coaches chair Dave Shrock at coachshrock@gmail.com, or for further information and application refer to:

<http://www.pausatf.org>, then click on 'coaches' in the right pane, and then 'schools/clinics'

2012 USATF/IAAF Academy for Jumps and Throws:



30 December -5 January 2013 - USOC Olympic Training Center - Chula Vista. USATF Coaching Education has acquired through a partnership with the IAAF a unique opportunity for USATF CE LEVEL 2 certified jumps and throws coaches to attend and earn the highest IAAF Academy certification this January at the Olympic Training Center in Chula Vista.

This will be an interactive school which will feature on the track laboratory sessions, video analysis, actual weight training sessions, and teaching/coaching sessions with athletes. The IAAF Academy Diploma will be awarded for completion of all components of the course. Hear from internationally renowned speakers now is the time to apply! Presenters will include, Dr. Wolfgang Ritzdorf, IAAF Lead Lecturer for jumps; Art Venegas, USATF Strength and Conditioning Consultant; Jeremy Fischer, Coach of Olympian Will Claye and many more! For US coaches, a Level 2 Certification in Sprints/Hurdles and an active coaching profile are the requirements. USATF will also award four grants to cover tuition, room and board.

For complete information, click on:

<http://usatf.org/Resources-for---/Coaches/Coaching-Education/Special-Programs/2013/IAAF-Academy.aspx>

Level 2 Schools:

The locations of the Event specific and Youth Specialization Level 2 Schools will be finalized by the USATF Annual Meeting in December. The Event Specific School location will be in the eastern region in early July, while the Youth Specific School will most likely be at the JO championships site on the east coast as well, immediately after the JO's once again.

VS Athletics West Coast SuperClinic:

Saturday, 2 February, 2013 - Sacramento City College. Come join us in improving your coaching effectiveness in a one-day clinic devoted solely to maximizing your athlete's success. Twenty nationally recognized clinicians will provide information that you will be able to apply immediately to your program's improvement in the event group areas of sprints/hurdles, endurance, throws, and jumps. Spread the word to all coaches! Last year's clinic was a great success with over 300 coaches gaining practical information to begin their seasons, and this year the clinic features London Olympic athletes' coaches Harry Marra, Bob Larsen, Jeremy Fischer with many top coaches in our sport. For further info. refer to: <http://www.pausatf.org>, then click on 'coaches' in the right pane, and then 'schools/clinics', or go to <http://www.vsathletics.com/clinic>.

Call for nominees for the Pacific Association Legacy Coach Award:

In recognition of the many influential coaches who have served in our association who have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession, the Coaches Committee is asking for nominees for the Legacy Coach Award. Long time Humboldt State coach **Jim Hunt** was our inaugural award recipient in 2010, with **Jim Santos** of Hayward State and **Bud Winter** of San José State (*posthumously*) receiving the 2011 award at the VS SuperClinic. Criterion will be weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves...hence the idea of a Legacy Coach Award. Coaches submitted for consideration should have mentored former athletes to become successful coaches in their own right, in addition to:

- mentored former athletes
- having coached for a period of time in the Pacific Association
- exhibited qualities of ethical coaching
- contributed to several aspects of the association, while promoting the sports of USATF
- candidates could come from any level of coaching

The deadline for submission of nominees is 31 December 2012, with announcement of the recipient 2 February at the VSAthletics West Coast SuperClinic. For the nomination form and further info. refer to the PA Awards page at:

<http://www.pausatf.org/data/awards.html>

Youth-High School Notes:

The 2013 PA youth track and field organizational meeting will be held Saturday, 13 October at James Logan HS. For further info, check out the youth page filled with info, highlights, and photos at: <http://www.pausatf.org/indexyouth.html>

College-Open Notes:

Collegiate Coaching Staff Changes:

Chris Miltenburg is the new director of XC and T&F at Stanford replacing Edrick Floreal who left for Kentucky. Miltenburg comes to the Farm from Georgetown. <http://www.gostanford.com/sports/c-track/spec-rel/082712aaa.html>

David Wellman takes over the reins at Santa Rosa JC for Jerry (JJ) Noble. Mills College of Oakland has dropped women's track and field though will retain women's cross country. Cal has added **Shayla Houlihan** as assistant distance coach.

Accolades: From the community college ranks association coaches pulled in several awards this past spring as Sacramento City College's **Rob Dewar** was awarded the Men's T&F Coach of the Year, with Shasta College's (Redding) **Pete Giachetti** being awarded the Women's Coach of the Year. American River College's sprint coach **Mike Reid** was awarded the men's assistant T&F Coach of the Year, while ARC's **Rick Anderson** earned the Men's Cross Country Coach of the Year, while Cuesta College's (San Luis Obispo) **Brian Locher** was awarded the Women's Cross Country Coach of the Year. In the spring CC San Francisco's head men's T&F Coach **Sean Laughlin** was awarded the Pacific Association's prestigious Tom Moore Award for his service to the sport not only through coaching but also volunteerism and meet management.

Facility Improvements:

Several facilities around the association are getting face lifts which include Sacramento City's venerable Hughes Stadium which is getting a complete re-do which includes moving the pole, and LJ/TJ jumps out of the stadium to the SW corner of the throws field. De Anza College (Cupertino) has also seen a complete facility renovation while Stanford's track has been resurfaced again. Las Positas College (Livermore) and Folsom Lake College (Folsom) have both built facilities, but have yet to add track and field programs to their growing campuses.

Looking for track and field schedules:

Bill Hawkes has again volunteered to collect data for the 2013 Association track and field calendar. Meet directors please send all dates to Bill by 15 November. Bill's email address is: Flojo1049@yahoo.com. The master association schedule with youth, high school, college, open and master competitions will be available at www.pausatf.org in late November.

Officials Education Clinics for 2012-13:

Official's education chair Shirley Connors is currently organizing official clinics for all levels for the new quadrenium and the 2013 season. Keep an eye out for information on: <http://www.pausatf.org/indexofficials.html>

Additional Information:

Websites for additional information and resources:

National Website: 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 Association: www.scausatf.org; San Diego-Imperial Association: www.sduatf.org