



California Currents

Coaches Newsletter – Spring 2012

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

Successful Coaching Education Level 1 Schools:

The Pacific Association recently hosted two Level 1 Schools at Clovis West HS in Fresno and Chabot College with a total of 138 attendees. Future schools will be offered on 8-9 December at Sacramento CC, and mid-January, 2013 at Chabot College in Hayward. For further info refer to: <http://www.pausatf.org/data/coach/coachevents.html>

Summer Level 2 Schools:

The following dates and sites have been determined for the annual Level 2 Schools (*eligible coaches must have completed their Level 1 tests prior to 30 April, 2012*).

- Event Specific Level 2 at Univ. of Las Vegas, 8-14 July
- Youth Level 2 School at Morgan State, Baltimore, Md: 28 July-2 August after the JO's

Refer to the national coaches' education website for further information:

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

22-25 June: US Olympic Trials Coaching Mentorship Grant

This is a unique opportunity for emerging elite coaches to mirror and learn from a master coach the art of coaching athletes at the highest level. Six grants are available for this program with registration closing 15 May. For details refer to:

<http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Special-Programs/2012/Coaching-Enhancement.aspx>

26 June: Trials SuperClinic, Eugene:

This quadrennial Clinic featuring many of America's top coaches will be held at the Franklin Grill and Convention Center a short distance from Hayward Field. This one day clinic will feature five topic areas where our nation's elite coaches will share information on how they coach their athletes to the Trials and Olympics. Information will be posted on www.vsathletics.com/clinics mid-April. Don't miss a Trials tradition to improve your coaching effectiveness!

2-6 July: Emerging Elite Coaches Camp:

This USATF High Performance Program is offering its annual Emerging Elite Coaches Camp for high school, club or college coaches who have had success coaching athletes at the state, national or international level. Broad event groups include: sprints-hurdles-relays, endurance, combined events, throws and jumps. For more information and camp application refer to: <http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Special-Programs/2012/Emerging-Elite.aspx>.

News from the Track and Field:

Augie Argabright, long time Pacific Association Club coach of the nationally prominent San Jose Cindergals, and more recently the head cross-country coach at West Valley College and San Jose State University retired as of the end of the 2011 cross-country season. For more information refer to:

http://www.sjsuspartans.com/ViewArticle.dbml?SPSID=29367&SPID=2295&DB_LANG=C&ATCLID=205326995&DB_OEM_ID=5600

The track and field program at **Fresno State** is under siege again. The University announced that it will eliminate scholarships for the Men's Track and Field Program and cut more than half of the equestrian scholarships.

Under construction: DeAnza College in Cupertino is undergoing a total athletic field renovation which will feature a new track complex while Sacramento City's Hughes Stadium is also undergoing major renovations which will feature a synthetic football-soccer infield necessitating the pole vault and horizontal jumps to be moved outside of the oval to the south of the track.

Bring Back the Mile gains steam: A one-stop website to Bring Back the Mile and its national campaign includes high school state federation petition drive. Jim Ryun, Marty Liquori and others endorse this effort to elevate and celebrate this iconic distance. For more information, check-out: <http://www.bringbackthemile.com>

Master T&F Schedule:

Invitational, league, conference, and regional championship meet information for all age divisions can be found at: <http://www.pausatf.org/data/officials/offtf2012calendar.pdf> (Scroll down past clinics to get to meets).

With the cooperation of the three other associations in California, USATF has created a link detailing all events being held in California: <http://www.usatf.org/calendars/searchResults.asp?associationNumber=44,33,46,38>

2012 Rule Changes:

Rule changes can be accessed at the following websites:

USATF: <http://www.usatf.org/groups/officials/resources/rules/>

NFHS: <http://www.nfhs.org/content.aspx?id=5563>

NCAA: <http://ncaa.org/wps/wcm/connect/public/ncaa/playing+rules+administration/ncaa+rules+sports/track+and+field/playing+rules/track+and+field+index>

Minority Women Coaching Education Scholarship:

USA Track & Field is offering a Minority Female Coaching Education Scholarship for all USATF courses in 2012. This scholarship is provided through an NCAA Matching Grant for Advancement of Minority Women Coaches. The scholarship covers Level 1, 2 or 3 tuition and travel expenses. If you are a minority female please visit the [scholarship page](#) at usatf.org to submit an application.

USATF Coaches Registry Renewal:

All coaches who were accepted into the Coaches Registry in 2010 need to renew their background screen. Only Coaches listed on the Registry will be given coaches credentials at select USATF competitions, including the 2012 Olympic Trials. To locate the date of your registration visit the [USATF Coaches Registry published list](#) and view the "date verified."

New Pacific Association T&F Chairs:

The Pacific Association welcomes two new sport chairs to facilitate our member's success:



Open Men's Track and Field: Ralph Jones: ralph.jones@csueastbay.edu

Jones is the new full-time head Cross and Track & Field Coach at Cal State East Bay, formally Hayward State. Coach Jones comes to E'Bay after a successful tenure at Morgan State, and will run a predominantly track event program for both men and women until facilities can be rebuilt on the hill.



Master's Track and Field: Joseph Ols: josephols@verizon.net

Ols is a USATF Masters All-American in the Decathlon, Pentathlon, High Hurdles, and Indoor Pentathlon, plus being an assistant T&F coach at two Santa Clara Valley high schools. Professionally, Joe leads www.olscontrols.com, and earned an MBA from Stanford and MEng and MS degrees from UC Berkeley.

Open Women's Track and Field: Fred Baer was re-elected to the Women's T&F Chair position: frdbaer@aol.com

Youth-High School Information:

New coaches committee Youth-High School Sub-Committee Chair:



Jim Marheineke: jmarheineke@serrahs.com Marheineke has been the Head Track and Field Coach at Junipero Serra High School in San Mateo since the 2000-2001 school year. Jim is a USATF Level II Coach in the throws and official. Jim's role is to represent association youth and high school coaches on the regional and national level.

Gill Athletics High School Coach of the Year Award: This prestigious award in its second year asks for all nominations of those who you think worthy. Recipients are awarded a \$5,000.00 cash award. For further information, refer to: <http://www.gillcoachoftheyear.com>

National HS Coaches Association: Has created a new website full of pertinent information for all high school coaches: <http://www.nationalsenate.org>

Coaching Vacancies: Dyestatcal continues to post a comprehensive listing of high school coaching vacancies. To look for a position, or to post one, refer to: www.dyestatcal.com and click on coaching vacancies.

Youth T&F Information and meet schedule: For full information on the opportunities in Youth Track & Field including a full schedule of events, refer to: <http://www.pausatf.org/indexyouth.html>

Informative websites:

Eugene Olympic Trials information: The 'official' site with ticket, housing and other of information: <http://tracktown12.gotracktownusa.com/>

London Olympic Games 411: A great informative site featuring not only the upcoming London Olympic Games, but much more: http://www.insidethegames.biz/index.php?option=com_acymailing&ctrl=archive&task=view&mailid=448&key=7a699659674391e95c8cf4d482f41769&subid=33215-1f731fca306b7278596d7f08ea2f98ae&tmpl=component

London tickets seller for the United States: <https://www.cosport.com/>

<http://www.all-athletics.com> – International perspective on track and field filled with stats and stores.

<http://www.SpeedEndurance.com> – Jimson Lee does a great job compiling informative training and related articles for all levels.

<http://www.trackandfieldcoach.ca> – Great deal of free content on this Canadian site including video analysis and photo sequences of top athletes.

<http://www.usacoaching.org> – Comprehensive coaching resource website compiled by the US Olympic Coaching Services Department. Recourses for coaching videos, conferences, best practices, etc. The free Olympic Coach e-zine can be downloaded from: <http://www.teamusa.org/resources/usoc-sport-performance/coaching-education/olympic-coach-e-magazine>

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.