

2008 USATF Annual Meeting  
Reno, Nevada  
December 3-7, 2008

Wednesday, December 3, 2008  
USATF Youth Executive Committee Meeting

Review of Youth Rules Issues

- Item #80 National Records – per age group
- Item #78 Removal of “Youth Athletics” notation under championships
- Item #79 Pee Wee Age division (Sub-Bantam) – Will they be allowed to participate at the National level. NOTE: Lionel requested that this item be tabled until next year. Inez agreed to the motion being tabled.
- Item #81 Residence issue as it related to neighboring Associations (Rule 301G)
- Item #82 Apparel and BIB numbers. Should be divided into A and B grouping. Apparel should read no uniforms will be mid bottom and will cover the buttocks. The bibs will be adjusted to fit youth in the younger age categories.
- Item #83 Hammer will be added to the Youth age grouping
- Item #84 In the Young Men’s age grouping, the 5000M will be reduced to the 3000M
- Item #86 This is prelims vs finals if athletes checking into an events warrant running a race as a final. Rule number 303.2 (rejected)
- Item #87 Lane assignments – random draw (rejected)
- Item #88 Seeding with times (motion accepted)
- Item #89 Taking the top 3 and that is it to championships (rejected)

JO Bibs for 2010

- Sacramento is the only bidder

2008 Cross Country Championships

- Virginia – slated for December 3, 2008

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Associations Executive Committee Meeting  
Wednesday, December 3, 2008  
11:30AM

Background screening was discussed at length. The approval cards that are used in the Oregon Association was accepted.

Agenda for the following sessions was discussed. What are the priority items?

NOTE: Bob Fines was struck and killed by an automobile this morning at approximately 5:45AM while out jogging.

Zonal representatives' monies provided to them are separate than the championships dollars.

Discussion about the committee continued for almost an hour during Alan's absence

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Youth Athletics Large Group Meeting  
Wednesday, December 3, 2008  
Reno BR4

Restructure/Evaluation Reorganization

Comments from Lionel

- Needed to reduce from 23 board members to 13 board members
- Name of Junior Olympics will continue to be
- Largest USATF entity is youth 74% of USATF membership
- Now 15 board members from 43
- Darlene Hickman named as youth representative
- The Board representative with restructure for a 4 year position is Kim Haines. Person had to be 2 years removed
- New sponsors for youth committee only has now been established. The name has yet to be released.
- Youth Olympic competition has been established by the USOC. Canada and the USA will be the Northern Hemisphere. There will be four hemisphere representatives.
- The meet will be a 2 week (14 day) competition
- Athletes will compete at least twice during the 2 week period.
- This will be a cultural and athletic experience
- Competition for 2010 will be contested in the USA
- Every 4 year competition starting in 2010
- Called the World Olympic Team

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Opening Session, Wednesday, December 3, 2008

Introduction of Presidential Candidates

- Bob Bowman
- Stephanie Hightower
- Dee Jensen

Voting scheduled for Friday, December 5, 2008

- 1<sup>st</sup> round 7AM-12PM
- 2<sup>nd</sup> round 3PM -6PM

Presentation: IAAF by Bob Hirsch

IOC 2010 Junior Olympic Games  
World Cup held on even years

In 2011 in Lio, France the World Youth Championships will be held

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Thursday, December 4, 2008 US Community College Track Coaches Association

Presidential Candidates Speeches:

Bob Bowman  
Dee Jensen

Left before any other business occurred

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Thursday, December 4, 2008 Meet Directors Meeting

See Agenda

Stephanie Hightower: Presidential Candidate speech  
Cellular Phone: 614-774-4736

Bob Bowman: Presidential Candidate speech

Dee Jensen: Presidential Candidate speech

US Anti-doping Information – requirements to submit information about day to day activities (60 minute timeframe)

[www.usada.org](http://www.usada.org)

Much discussion.....

If a record is established – testing must be completed within 24 hours (any record recognized by the IAAF.

IAAF, Rules and Records: Bob Hirsch

Corporate sponsorships around the world are becoming harder to come by!

[www.tentrack.com](http://www.tentrack.com) Check it out!

Track and Field on television – Larry Ramson (917-771-8574)  
ESPN2 is our best coverage for track and field coverage  
Approximately 90 million homes watch this station

[Sandy.snow@usatf.org](mailto:Sandy.snow@usatf.org)

Doug Logan – CEO: speech

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Wednesday, December 4, 2008 Youth Committee General Meeting

Welcome by Lionel Leach

Agenda Approval

Meet the Candidates

Dee Jensen

Stephanie Hightower

Bob Bowman

IAAF – Bob Hirsch

Youth Olympic Games – USA will participate

70 spots of all disciplines

Each event will be contested at least twice

It is meant to be an Olympic Experience

Almost all events will be included

Exception will be a 1000 meter instead of the 800M and 1500M

Regions will be divided by hemisphere (Continent)

Canada and USA (Mexico will be the exception from this continent  
division)

April 10-11, 2010 (all 4 meets)

The number of slots will depend on the event

No more than one entry per event from any country

USADA – Megan Hart

Presentation process

This year at the youth championships there will drug testing for older age  
categories

Suspected protests are available on-line

Drug lists are available via the website listed by generic and brand names

Testing age groups will be on 15 to 18 year olds

VOTE ON RULES

Item #81 Accepted with documentation amendment – Residence issue  
with neighboring states

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- Item #82     Apparel and Bib Rule  
Item A: Apparel, uniform tops need to be full length with no mid stomach area showing. Bottoms need to cover the buttocks
- Item B: Bibs, numbers appropriate size for youth – size to scale.  
Need to be visible from 10 feet away – in road races refer to youth Rule 143.10  
This will allow youth to get smaller bib numbers with readable Numbers
- Amendment passed 28 to 26
- Item #83     Adding hammer to younger age group (Youth)  
Issues and concerns: problem is the inability to have qualified Coaches and athletes  
We now have Intermediate, Young Men and Women in this Competition
- Amendment failed 17 to 40
- Item #84     Rule to decrease the 5000 meter in the Young Men's division to The 3000 meter
- Motion failed 8 to 45
- Item #86     Motion to allow prelims to be run as a final if the number of Athletes that check in for the event allow for eight or less in the heat. This applies to Association and Regional events only.  
Rule 303.2  
Friendly amendment to add "May Run" in the rule  
Rule as amended passed

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Friday, December 5, 2008 NABR Committee Meeting

Carl – Grants Pass  
Cheryl Lemons – Anarondach  
Scott Erwin – Illinois  
Roger Hall – Oregon  
Mary Posado – Metropolitan  
Rubin Carter – AAC  
Lamont – Corporate (Illinois)

Issue on the table

Regulation #11 – system is broken  
Need to shorten the 9 pages to about 3 pages

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Friday, December 5, 2008 Associations Committee

Membership Fee – Insurance coverage will be included with any new membership

Liability however does depend on the facility

Facility must be safe – the USATF or club sponsoring the meet is acting as the facilities agent.

Background Screening – Did not stay for this discussion

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Friday, December 5, 2008 Coaching Education Clinic #1

Long Term Athlete Development and Adaptation to Training and Optimal Trainability

See handouts

USPA – Check out their website (Great skills processes)

Need to review “Balyi’s Model”

Remember not to give “Too Much Too Soon”

Do not overload the athletes’ brain.....Single changes at any given time

Late maturers vs Early maturers

Late – typically do not experience as much success early on  
Early – Get frustrated when late maturers catch up to them  
Do not have as much success

Get the book by Malcolm Gladwell “Outliers”

Coaches needs:

- Good record keeping system
- Writing workouts and keeping results
- Monitoring and evaluation
- Evaluation after competition
- Reflective thinking

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How, When and What to Teach

One Hour Practice

10 minute Warmup  
20 minute Technical Skills  
30 minute Game

One and One Half Hour Practice

15 minute Warmup  
30 minute Technical Skills  
15 minute Game  
30 minutes Fitness

Deliberate Practice

Tasks with well-defined goals  
Provide Feedback  
Ample opportunities for repetition  
Involve athlete in problem solving

Types of Feedback

Analysis by paralysis – only give 1-3 issues at any given time  
K-R Knowledge of Results  
Quality of Action – Kinematic  
Bandwidth – Feedback area  
Retrival Learning – Get the athlete to give the feedback on their own  
greatness or Faults

Feedback

Beginners: Demos good, Reduce overtime  
Prescriptive learning

Intermediate Learners: Learn to detect own error  
Use questions and answer style

Elite: Decrease feedback

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Practices

Block – Practicing one skill over and over

Random – Several skills in a random manner

Variable – Variety within practice (Practices do not become boring)

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Friday, December 5, 2008 Men/Women's Development (Combined Events)

See meeting agenda

DecathlonUSA website ..... Check it out

Discussion leading to nowhere! Just jumping around!

Two to Three obvious Elite Female Heptathlon athletes present

Questions:

How can we save our athletes and keep them active to train

Dollars are important

Communication is the key

Nike has a subsidiary program.....Why is that not common knowledge?

We must be advocates for the athletes and communication

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Friday, December 5, 2008 Youth Committee General Meeting

Report on Safety – Waste of time report

BID Presentations for 2010 National Cross Country Championships

Kenosha, Wisconsin - Easily getting to Milwaukee and Chicago  
Population 350,000 12 million people within 100 mile radius  
Rockstar theme for the event  
Racine Marriot 222 rooms \$99-\$119 per night  
Other Hotels \$49-\$89 per night  
Parking fees – None  
Parking lots can hold 1000 – 1500 vehicles  
Each athlete and coach will receive a long sleeve T-shirt  
Region #8  
Will have 2 lead vehicles and 2 trail vehicles for safety reasons

Hoover, Alabama – Region 6 (Suburb of Birmingham)  
Meet hotel – Winfrey Hotel  
Samford University – opening ceremonies (Hanna Center)  
Permanent XC Course with mile markers every 2 miles  
500 meter start length  
Course is crushed stone

Terre Haute, Indiana – Lavern Gibson Championship Cross Country  
Course  
100 meter wide start  
900 meters to the first turn  
Finish area permanent

2010 National Cross Country Championships awarded to Hoover,  
Alabama

Records

See Handouts  
Accepted with changes

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NOTE: Announcement that 2<sup>nd</sup> round needs to be contested and that we must color in the box – not just place an X or check mark in the box.

Law and Legislation - Kenneth Ferguson wants to thank the Youth Committee for its' commitment to USATF. A special thanks to Lionel Leach for his development of trust and honesty for what is now called the "Youth Division" of USATF's National Governing Body.

Meet Review – Discussion

Coaching Education – Discussion

Women's Development – No Report

BID for 2010 Junior Olympic National Track and Field Championships

Sacramento, California 7/27 – 8/1, 2010  
Accepted by acclamation

World Youth Championships in Italy 2009

Qualification June 30 – July 1 in Detroit, MI  
Budget – The team will be fully funded for competition and excursions

Cultural Exchange

See Handout  
Marathon Relay  
Doug Bowman to follow-up

Rules

Inez Finch/Kenny Emerick  
Item #82 A Uniform  
After presentation to the Rules Committee, it was decided that this rule carries too  
Much liability. Therefore was defeated

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Item #81 Reconsider Residence Rule

Amendment clarification  
li adding iii

Item #87 Lane Assignments – Not sure where this went

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Saturday, December 6, 2008 Associations Committee General Session

Session called to order by Alan Roth – Committee Chair

New CEO Doug Logan addressed the committee

Doug has a job not a position  
Needs to get to work  
What is USATF “Custodian of a major sport”  
Bear Witness  
Need to increase our resouces

Decision needs to made about “Term of Office” for the Association positions

2 years versus 4 years  
Irene Herman (Women’s LDR moves to have officer positions be 4 years  
Ken would like to amend to state a 2 term maximum, therefore 8 years in  
office

Term limit  
Vote to approve for 4 years term accepted

Elections

Chair: Karen Kusak Approved by acclamation (uncontested)

Vice Chair Ron Mascarenas  
James McKee  
Clif Mckenzie

Ron Mascarenas and Clif McKenzie voted it

Secretary Linda Banaceno Approved by acclamation (uncontested)

Treasurer Richard Messenger Approved by acclamation (uncontested)

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Elections for TWO candidates to represent the Associations committee on the Board of Directors

The AEC has authority to oversee the elections

The committee is looking for two individuals that basically will be willing to give up all ties to track and field. They can not be on any local board of directors, can not be a coach and can not represent any other position.

Clarification: Can do coaching, etc, but if it becomes time prohibitive, one must be autonomous. Looking for a Business/Corporate type individual

The Board of Directors will meet face to face on a quarterly basis – that can change as the board fits.

Nominations from the floor:

Sue Polansky - Accepted  
Dee Jensen - Accepted  
Linda Melizer - Accepted  
Ed Koch – Declined  
Alan Roth – Accepted

Elected candidates to represent the Association Committee were:

Dee Jensen and Alan Roth (Received greater than 50% of the votes)

Association Workshop Report

Encourage all to attend in 2009  
52 out of 56 Associations attended the 2008 workshop  
Two cities are up for 2009 workshop  
Buffalo, New York  
Demoine, Iowa

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Highest rated session at the 2008 workshop – New Tax Rate session  
Lowest rated session at the 2008 workshop – Diversity session

Overall the workshop was rated extremely high  
Conflict Resolution was excellent

Newly Elected Zonal Reps

North – Ruth  
West – Harry Simonis  
East – Pam  
South – Jackie

Communications Information (Andy and Jessie)

Branding of Websites is in the very near future – Meaning it will be hosted on the National website  
Each Association will still be able to control its' own website – However, certain "tabs" will be standard nationally  
There will be message board access  
Timeframe – ASAP  
Cost to the Association is approximately \$5.00 per month  
Access i.e. [www.usatf.org/oregon](http://www.usatf.org/oregon)

IRS Regulation

Conflict of interest reporting  
Regulation #5  
It needs to be difficult for any individual to make any financial or personal gain  
Need a process to review this issue

Member Benefits

Catherine Branch doing background screening of organizations  
Roadside Assistance Program in the works

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Coaching Education

Level 1 School – will continue

Level 2 School – July 19-26, 2009 @ University of Boulder

Youth aspect for 4-5 days. How do we do this? Maybe summer

2010

Check it out at [www.usatf.org/coachingeducation](http://www.usatf.org/coachingeducation)

Andy Martin's Report

- USATF logo – be careful when using the logo. The official logo can only be used on USATF approved apparel (Nike)
- Background Screening - Mandated to use the approved company
- Staffing update
  - Liz Turner moved to NCAA
  - McKenzie Murphy moved on
  - Marilyn Turner new grassroots administrator
- Grants - \$28,000 in request in 2008 Awarded \$20,000
- Forms need to be available on-line
  - More automation
  - More database availability
- Mobile Marketing Unit – send requests to the National Office if there is a desire to have the unit at an Association event
- Individual Memberships – 86,275 Members
- # of Clubs – over 2500 in 2008, an increase of approximately 150
- Over 5000 sanctions awarded

AADP Presentation – See handout

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Saturday, December 6, 2008 Association West Zonal Meeting

Harry Simonis – West Zone Representative (Facilitator)

Championships – Need to offer Open/Masters competition. Allow these age groups to

Participate at your State JO Championships. Also include these groups in the Combined event competition.

Some Associations are now including the Masters Weight Throw as a competition

Out of State competitors – Discussion as it relates to a motion on the floor in the Youth

Committee (as it relates to neighboring associations)

Annual Meeting Site Selection Issue (Sites already set)

2010 Indy  
2011 Virginia Beach  
2012  
2013 Daytona Beach  
2014 Indy  
2015 Anaheim, CA

Global Conferencing – Harry discussed the new telephone conferencing company used the Oregon Association

Membership Cards with Officials – National Office now gets a bigger piece of the pie

Attend the Diversity Session is at all possible at next years National Annual Meeting

Incompetent Officials – Do you have them? How do we deal with them? E-mail each other