



Oregon Track & Field News

Published by

USA Track & Field of Oregon

November 2009

In This Issue

- 2 Board of Directors
- 3 USATF Membership Fees
- 4 Board of Director Minutes Sept 2009
- 4 General Meeting Minutes Sept 2009
- 6 LDR Minutes Sept 2009
- 6 Masters Minutes Sept 2009
- 7 Race Walk Minutes Sept 2009
- 8 Youth Minutes Sept 2009
- 9 Coaches Education
- 10 2009 Annual Award Winners



From The Editor

Gail Kleinke, Editor, Oregon Track & Field News
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Oregon's website provides information for every aspect of our sport, and will be soon updated with more and more information. The newsletter will be posted on the Oregon website twice a year: one in APRIL and one in SEPTEMBER.

Please continue to direct others to the website at:
<http://www.usatf-oregon.org> for current Oregon information and contacts.

Oregon Convention Delegate Reports
with all the latest information
will be in the
April/May 2010 Oregon Track & Field Newsletter
which will be posted online.

Approved Coaches List can be found at

www.usatf.org/about/programs/backgroundchecks/info.asp?associationNumber=37

Contact the USATF of Oregon Association Office
to find out more on registering your club.

Email: usatforegon@msn.com

<http://www.usatf-oregon.org>

(541) 504-1077

2010 MEMBERSHIP RENEWAL TIME

USATF members can now register on-line by visiting our website at <http://www.usatf-oregon.org>

By following the simple instructions, registrants will immediately be able to print a welcome confirmation letter with their membership number for the year noted.

The system will automatically transfer the new membership information to the fulfillment house so members receive their plastic wallet size permanent card promptly.

Benefits for our members who register on-line will be:

- Membership confirmation letter and number received immediately
- Members can renew yearly without having to retype their information
- Members can update their contact information at any time
- Members will have access to the exclusive Members-Only area of the USATF website. There are many 'members only' discounts offered.
- Members need to check the website regularly as new discount advantages are added as they are acquired.
- Athletes, parents, coaches or club secretaries can enter their individual member's information as necessary.

Keep in mind, with the new on-line registration capability, Association, Regional and National Championship events that require a USATF membership number will NOT be accepted or processed without the athlete membership number noted in the appropriate box.

See next page for Membership Fees.

USATF of Oregon Board of Directors



Executive Committee

President (503) 656-0593	Roger Hall HALLRO24@aol.com
1 st Vice President (541) 782-3771	Glenn Fortune glenfor@q.com
2 nd Vice President (541) 383-2002	Carol McLatchie mclcarol@msn.com
Secretary (541) 912-5152	Peggy Squires pasquires@comcast.com
Past Pres. (503) 705-0469	Jack Keggs jkegg@eou.edu
Exec Director Membership (541) 504-1077	Harry Simonis usatforegon@msn.com

Committee Chairpersons

Athletes Advisory	open
Budget & Audit (541) 383-2002	Carol McLatchie mclcarol@msn.com
Coaches Ed (503) 266-1576	Tom Millbrooke milbrot@canby.k12.or.us
Course Certification (541) 383-2002	Carol McLatchie mclcarol@msn.com
HS Coaches Liaison (503) 492-9793	Doug Bowman teamoregon@gmail.com
Law & Legislation (541) 782-3771	Glenn Fortune glenfor@q.com
Marketing/Publicity	open
Masters T&F (503) 250-4917	Jim Puckett jpuckett@sports-fab.com

Mens/Womens T&F (503) 656-0001	Dave Lee dlee@warnerpacific.edu
Officials (503) 692-8156	Jerry Westfall jerry_westfall@yahoo.com
Open/Masters LDR (541) 382-1927	Bob Latham robertallenlatham@gmail.com
Race Walking (503) 393-1972	Jim Bean beanjbean@aol.com
Record/Stats (503) 581-7424	Gail Kleinke otfnews@yahoo.com
Rules (541) 782-3771	Glenn Fortune glenfor@q.com
Youth (503) 86 9-4583	Doug Bowman teamoregonusa@gmail.com

Membership Fees

	Membership Fees
Youth	
1 Year Membership	20.00
Adult	
1 Year Membership	30.00
2 Year Membership	55.00
3 Year Membership	80.00
4 Year Membership	100.00

Investment of incremental revenue generated via the national allocation

The incremental increase in revenue generated from higher national allocations will be invested to help elevate programs and services that are aimed at enhancing the experience and interaction individuals have as members of USATF. Specifically, the following enhancements are scheduled to be implemented to achieve these goals:

Member Benefits

- Permanent membership card
- Discounted multi-year memberships
- 12-month memberships
- Added service & communications to improve customer satisfaction
- Additional discounts and special offers for members

Infrastructure improvements for Grass Roots Initiatives

- Integrated web-based system that offers organization-wide ranking systems and results compilation capabilities
- Improved on-line calendar and event entry processes
- Support for the USATF Criminal Background Check program, including providing D&O Insurance coverage for all Associations and a training workshop for all screening agents
- Create a club handbook to assist club and event management
- Create a new club benefit package and more website access and support
- Enhancements to America's Running Routes functionality
- Hire a staff person to assist with web-based improvements, including creation of a club management and sanctioned event management system

Marketing & Branding of Grass Roots Programs

- Promotion of USATF memberships with new print and broadcast materials
- Promotion of USATF grass roots championships events and programs to attract new participants and members
- Assist the Associations in the marketing of their events
- Partner with publications to promote USATF programs at all levels of the sport
- Support USATF "OnTheRoads" – a traveling USATF-branded promotional vehicle
- Hire a staff person directly responsible for coordinating the new marketing & branding initiatives

Committee-based projects

Support viable national committee initiatives which help achieve the grass roots goals of the USATF (or committee) strategic plan(s)

*Approval of BOD meeting minutes, March 1, 2009

Moved -Tom Millbrooke, seconded - Doug Bowman

*Delegate criteria review and Nat'l convention selection announcement

Executive board met yesterday. 10 requests - 9 completed applications. Paperwork completed per requirements: Jim Bean, Doug Bowman, Glenn Fortune, Roger Hall, Bob Latham, Dave Lee, Carol McLatchie, Rose Schlewitz, Harry Simonis. Verbal request for Richard Bolt. Executive Board accepted 9 submitted applications – funded in total.

Officials committee sending Jerry Westfall, funded by them. Rose Schlewitz and Harry Simonis will have a portion of their funding paid for from another source.

The board committed to fund up to \$350 per ticket, hotel costs (double @ \$141 per night), transportation to and from airport/hotel (\$25 per person), convention registration (\$160), and per diem of \$25 per day.

Criteria included the following (ways to get credits toward subsidy):

--must have volunteered at Association Staged Championship event during the year.

--attended USATF-Oregon meetings.

--dues paid member of the Oregon Association.

Richard Bolt – Commitment and value recognized by board, but did not follow the process.

*Selection of a 3 person panel to be ratified by the BOD for the Grievance Comm.

Proposed 3 person panel includes Catherine Brotherton, attorney; Corey Drakulich, former track athlete; Jim Holzgraf, USATF official.

Glenn moved, Peggy seconded – approved

*Open TF Committee appointment – Dave Lee

Tom moved, Glenn seconded - approved

*Website Pictures for Board and Committee Members

Be sure to get your pictures taken before you leave today!

*Youth Committee monies (should we decrease the Assoc. cut of the NW Club Champs.)

There was much discussion concerning the profits and the reasons behind a lack of profits from the NW Club Championships, how those funds should be designated, whether the association needs a youth travel fund, why it would be better to have a line item in the budget for the travel fund.

Motion: That there be a line item to the Assoc. budget for travel grant money of \$3000 for travel to the JO TF Championships beginning w/2010. Jerry moved, Glenn seconded, motion approved.

*Purchase of new equipment (Harry)

Flagging- special program through national office. Flagging/cones out of 2009 equipment budget, get \$500 in additional supplies.

*Assoc. meeting dates

Request: Harry – move BOD meeting on Sundays to Saturday.

Peggy, Doug, Roger will work on next year's annual meeting.

Youth meeting coming up – Feb. 21 in Portland area.

Jan. 31, 2010 – Board of Directors

May 16, 2010 – General Meeting

Sept. 11-12 – Annual Meeting

Sweatshirts: to board members and committee members.

Move for adjournment. Peggy moved, Doug seconded. Approved.

Oregon Association General Meeting Minutes

Sept. 20, 2009

Voting Members:

Sweet Home TC, Oregon TC, Portland TC

Rose Schlewitz– Vice Chair Masters instead of Puckett

Plus board – Roger Hall, Peggy Squires, Harry Simonis, Doug Bowman, Glenn Fortune, Carol McLatchie, Jerry Westfall, Tom Millbrooke, Dave Lee, Jim Bean

Others present: Lela Danforth, Sweet Home Running Club; Rod Wood, OTCM; Jim Schlewitz, PMTC; Dan Swehosky, Rockne Lechelt, Bill Linhart

Tom Millbrooke moved to accept the previous meeting minutes, Jerry Westfall 2nd, minutes approved.

Executive Director report – Harry Simonis

--65 Registered clubs, 93 sanctions plus 4 received today, 2432 members

Financial Summary

--Revenues much better this year

--Expenditures

--Visa card retired, use debit card only.

--Garbage \$21/month. Had a mobile shredder come to dispose of Bingo papers, BC copies, etc.

--Advertising with National Masters News to advertise the National Masters Throws meet.

--Youth workshop – Doug attended, some reimbursement from National office.

--Indoor track – finally disposed of – shredded.

--Corbett expenses – cost of signs under meet equipment.

Committee Reports

*Budget & Audit, Carol McLatchie

Presented 2 documents: 2009 update #6, dated June 9 and 2010, draft #1. Questions about monies for sanctions, athlete memberships to

association, definition of income vs. revenue. It was suggested calling the revenue under the financial summary as NET revenue.

On next year's budget:

Assoc. O/M XC Champs – \$1500 income, \$5000 for expense – prize money included.

Requested budget for LDR - \$3600 Grand Prix, \$900 MUT, \$500 for travel expenses for Bob.

Discussion was held concerning how each association is mandated by National office to offer opportunities in every discipline. Not all are self sufficient. In an attempt to increase participation prize money could be given at the each of each race in the Grand Prix series instead of just at the end of the entire Grand Prix. Concern was expressed that youth supports LDR and if so, then LDR people should be working at the youth meets. Many of the association's disciplines are supported by the youth portion of the association.

Budget/Audit committee needs to meet to finalize 2010 budget for presentation to executive board.

The budget needs to be presented to board to accept prior to the national convention.

*Coaches Education, Tom

Level 1 school – Martin Luther King weekend, preregistration \$125, week of \$150. Must be USATF member. On line to register at USATF website. Tom would like our webmaster to make link from Oregon's website to the national site. Active coaches – no expiration for Level 1, 5 years if not currently coaching. Suggested that every USATF club have at least one Level 1 coach.

*College Coaches Liasion, Dave Lee

Huge use of USATF officials at the college level. Colleges are providing our open athletes opportunities to compete. New in the Portland area – Anti-Gravity Center, contact Dave if you'd like a tour.

*Course Certification, Carol McLatchie

Don't know how many courses are certified, maybe 10 or less. Doesn't seem to be a concern for race directors or competitors. Could post information about certification and its benefits with the sanction information on line. – prepare the information necessary and get it to the webmaster. The suggestion was made for Carol to get the email info for event directors to contact them about the certification info. Harry will cc Carol with each completed sanction information.

*High School Coaches Liaison, Doug Bowman

Jerry and Doug tried to have officials for track meets throughout the state. Mt. Hood conference, Sandy, Centennial paid for officials. Invites had USATF officials. Trying to get fee schedule set up. An example of the necessity of having certified officials at event would be Crowser – at venue and breaking state record – important to have steel tape and 3 certified officials. Jerry is putting together a starter's clinic to get one from every high school. Then would have one certified official at every site.

*Law and Legislation, Glenn Fortune – NO REPORT

*LDR - MUT, Bob Latham

3 races to go in GP series. They include the 8k OTCM in Eugene, Sept. 27; the USATF-Oregon XC 5k on Nov. 7; and the USATF-Oregon XC Champs (Women's 6k, Men's 8k) on Nov. 14. Race Center has Oregon articles, information. LDR currently has approx. \$700 and \$250 from the OTCM race and \$700 from the 2 association meets for a total of \$1650. Bob has been working on a proposal for State Farm for sponsorship. Contact your Allstate agent and have them contact the regional coordinator for Allstate to indicate people's support of USATF. Richard Bolt – MUT coordinator, has helped with the GP races – Meghan Arborgast – AARP for 2009, will be co race director for Where's Waldo – giving back. Kami Semick – on national committee for MUT National convention athlete reps – Ami Yoder, Dan Browne. Numbers of athletes participating in GP and MUT? 70 now in GP after 2 races.

*Marketing/Publicity – to be discussed under NEW BUSINESS

*Officials, Jerry Westfall

Last year 330 officials, 40 not renewed. Added 140 – 439 officials now. Will work on that Nov. 1 with the new biennium. Budget – taken in \$15,000 from schools for officials, treasurer writes checks to officials. Has \$7000+ in account at the end of August. Staffing and new recruits – push this year to double membership - ~900 to supply officials at all high school meets. Why should this be the only HS sport that has volunteer officials? Every official must renew USATF membership. Looking to have officials separated into 5 regions to funnel information from Officials Chair. Planning one meeting in January per region and the thought was that certified officials must attend meeting. Training materials now available in the form of PDF files, electronic files that can be sent to anyone. Check Oregon website, officials page. Have lots of USATF officials so why are they not working USATF meets? Discussion about requiring that they work one day of a UASTF meet in Oregon. Can that be enforced?

*Racewalk, Jim Bean

Award winners (Carmen Jackinsky, Nathaniel Roberts, and Karen Karavanic). Reviewed schedule for 2010 (see RW minutes) Discussed money for racewalk in the Association budget Western Regional in fall – will bid again for 2010.

*Records/Stats, Gail Kleinke – NO REPORT

*Rules, Glenn Fortune

Off year, but there will still be items to discuss on the table at the national convention. Ten submissions from tabled items from last year. Also 75 items for compliance. Send email to Glenn if you want specific information.

*Track & Field Masters M/W, Jim Puckett

Rose Schlewitz reporting. Discussed the master's throws meet at Concordia.

Possibility of a meet in the Coos Bay area next year. Oregon Assoc. Champs with Portland Masters Classic, June 19-20, 2010 at Mt. Hood.

June 26-27, 2010 – NW Region Master Champs in conjunction with Hayward Classic

Records – found and can update, rectify errors.

Award recipients were named.

*Track & Field Open M/W, College Coaches Liaison

Discussion on the 'Open TF Committee' in the OR Assoc., Dave Lee

*Youth T&F, XC, Doug Bowman

NW Club Championships had 350 athletes, JO Assoc. had approx. 500 athletes and the JO Regional meet had 900 athletes. Thanks to volunteers and officials that participated. Youth information is not making it onto the website in a timely fashion.

The committee set the fall XC schedule. Meet every weekend beginning Sept. 26 until the JO Cross Country Association Championships. The XC brochure can be found online. New fee structure was set by the national office for cross country championship events: \$10 for Association level, \$15 for Regional level, and \$20 for Nationals.

Set spring track and field 2010 schedule, is very tentative at this point. A few open dates for all-comer/JO/Open/Master meets on the state HS championship weekends. Set fall XC 2010 schedule. Some consideration was necessary due to NAIA Champs. Nov. 21, high school state on Nov. 6. The JO Assoc. Champs will be Nov. 13, Regionals Nov. 20, Nationals Dec. 11 for 2010.

There will be a Feb. 21 meeting in Portland for the youth committee and coaches to finalize schedules and discussion of promotion and sponsors.

Old Business:

*Indoor Track - Donor list. No reason to contact them legally. Department of Justice rules say we can take the money from the indoor and apply it to another project. Some that donated expected acknowledgement for their donation. The amount collected was \$4271. Executive board decided no letter was necessary. After much discussion, it was felt a notation on the website concerning the issue would be advisable. Some felt it was an integrity issue, accountability. Glenn (rules) said it should be a new item at the Board of Directors meeting.

*NAIA National XC Championships, Nov. 21, at Ft. Vancouver Men – 8K, Women – 5k. The Oregon Association runs the races only, is not responsible for the entries or results.

*2010 National XC Champs, Nov. 20 at Fort Vancouver also.

*2010 Master's 5k National Champs report.

Bid from AA Sports and one from William Wycoff for finish line results.

*Laser Measuring Device (2009 Grant)

Purchased for \$2500, grant was in the amount of \$2000.

Ordered through Sports Fab, Jim Puckett. Never worked right and we are still trying to return it and get money back. Gill may not give money back, maybe new eyepiece.

*Des Moines Workshop

Roger, Harry, Peggy and Glenn participated. Sessions during the workshop included bidding criteria, leadership and diversity, the new organization and background screening.

New Business:

*Discussion on the 'Open Track & Field Committee' in the Oregon Association– Dave Lee

The two major questions about the open Track and field committee revolved around the following: Do the open athletes in Oregon need USATF? And does USATF of Oregon need the open athletes?

Points that came up:

Insurance

Open athletes must be represented at the national convention, elite athletes represented.

Some previous open athletes representing the Oregon Association at the national convention saw the opening ceremony, did not attend meeting and yet we gave that person a stipend.

Should we have awards, committee, etc for open athletes?

Historically, what % are open athletes in Oregon Association?

An open athlete spoke to what he would like to see as an open athlete.

Competitive opportunities. Team for open athletes. Fast races.

Make USATF necessary. Create competitive races. Can't train 80-100 miles a week and work full time.

Grand Prix from Pacific Association, S. California Association as examples.

They have Grand Prix and Track Cup series. We could use existing races at ongoing meets, 6-10 per season, then double points at Oregon Assoc. Champs. Maybe not money as prizes but gifts. There should be a separate race for open athletes at JO's – instead of running with little kiddos. Offered clinics, signing autographs, encourage athletes.

Discussion ensued about the association giving money to open athletes- then they should help out with youth meets, encouraging little kids, they want to see the open/elite athletes run. The suggestion was made to put the program together. Tell the association what you need. Put together a regular program, make it viable. Dave Lee has been appointed to position. (needs to be voted on).

Harry – past year. 2432 registration. 75% youth – 1824, 18% masters, 7% open (170)

Needs servicing, marketing for the sub-elite open athletes.

American Miller Qualifying series.

Will come with a plan as Open TF Committee.

*Newsletter requirement

One criteria in accreditation process was that there needs to be one hard copy of newsletter per year.

The proposal is to publish a small newsletter with the basics to cover us for this year. Include officer names, committee names, minutes, schedule of cross country meets for this year, and next year's event schedules.

The decision from last year was 2 newsletters on line, hard copies mailed out at request.

This criteria is only one of the nine criteria: Mail and/or email at least 1 newsletter per year. Only have to meet 6 of the 9 criteria. Budgeted \$800 per year. Do we want to send one this fall?

After discussion the consensus was to email newsletter.

Tom moved for adjournment, Doug seconded.

Oregon Association LDR Minutes

Sept. 19th, 2009

Members present: Bob Latham, Harry Simonis, Doug Bowman, Peggy Squires

2009, Schedule – 3 races to go this season:

-Oregon Track Club Masters 8k

-USATF-Oregon 5k

-USATF-Oregon 6k/8k XC, Open/Masters

Budget-

Income from 2009 races to this point -\$700, should receive \$250 from the OTCM race and approx. \$700 from the 2 association meets for a total of \$1650.

For 2010 – requesting \$5000 (breakdown would be \$3600 for the Grand Prix series, \$900 for MUT, and \$500 for advertising.)

Sponsorship/fundraising: Will be meeting with Brian Dowd from State Farm, hope to have them sponsor the Grand Prix series for the next couple of years.

Schedule for 2010 is tentative at this point, should be similar to 2009

AADP - Meghan Arbogast, \$150.

MUT –

Successful 2009 season. Kami Semick is on the National MUT executive committee. USATF-Oregon sponsored Where's Waldo 100k. USATF-Oregon will also sponsor the Lithia Loop Marathon.

National convention – Bob will need help to cover simultaneous meetings.

Athlete reps – same from last year (Amy Yoder Beagley, Dan Browne)

Thanks to:

Richard, Harry, Peggy, Gail

Oregon Assn Master's Committee Meeting

Sisters, OR – September 19, 2009

Attendance Rose Schlewitz, Jim Schlewitz, Carol McLatchie, Doug VerMeer, Marie VerMeer, Dan Swehosky

1. Meeting called to order by vice Chairperson, Rose Schlewitz at 9:39 AM

1.1 Due to illness, chairman Jim Puckett was unable to attend.

2. Minutes of last meeting were reviewed. Moved & passed to approve

3. Old Business

3.1 Meet Reports given by Rose Schlewitz

3.1.1 Oregon Association T & F Championships

- Held in conjunction with NW Region Championships and hosted by the Portland Masters Classic at Mt Hood CC in Gresham
- Meet was open to 19 to 29 year olds. 5 open athletes participated with a total of 160 competitors.
- 28 Oregon Association were set or newly established.
- 40 NW Region records were set or newly established.
- 3 world records and 5 American records were set or newly established.

3.1.2 USATF National Masters/Open Combined Events were held in Seattle.

3.1.3 USA National Masters Throws Championships were held in Portland, OR at the Concordia University Throws Center.

- Over 70 Men and Women athletes competed with some World and American records being set.

3.1.4 A warm-up throws meet before the National Throws Championships is being considered

3.1.5 High Desert Classic

- Two dates have been suggested. May 31st or June 5th

- Dan Swehosky knows someone at Summit High School in Bend. He will get in touch with the school about hosting a meet.

3.1.6 Southwest CC venue for a meet

- Jim Schlewitz will relay email/phone No. of Kermit Walker from Coos Bay to Carol McLatchie who in turn will contact SW CC about attending a Masters Committee Meeting in regards to holding a meet in Coos Bay.

3.2 2009 Athlete of the Year Awards

- 3.2.1 W75 Suzi MacLeod received the women's track athlete of the year
- M90 Dan Bulkley was awarded the men's track athlete of the year
- W70 Becky Sisley won the women's field athlete of the year
- M80 Harvey Lewellen was awarded the Ross Carter Field Athlete of the year.

3.3 Indoor T & F Meets

The lack of Indoor meets in the NW was discussed. Jim Schlewitz reported that he had email correspondence with Dave Ortman, from the Seattle area, who related that the U of Washington sometimes lets Masters run in their meets, if a lane is empty, for a high fee.

4. New Business

4.1 2010 NW Region Masters Meet Schedule as of today

June 19-20, OR. Assn Masters/Open Championships and Portland Masters Classic, Mt Hood CC,
 June 26-27, NW Region Masters Championships/Hayward Classic, Hayward Field, Eugene, OR
 July 17, Seattle Classic/Pacific NW Assn Masters Championships, West Seattle Stadium. Seattle, WA
 July 22-25, USATF Nat Masters Outdoor Championships, A G Sports Center Complex, Sacramento, CA
 August 21, Nine Event Ultra/Throws Pentathlon, Seattle, WA

4.2 Weights & Measures Kit

Templates and other devices for measuring compliance to Masters specs for throws implements, can possibly be made without paying 1000s of dollars for a whole kit.

- Dan Swehosky will contact Ivers, who has experience doing so, for more information.

4.3 Running Clinic

Jim Satterfield author of a book on running, has proposed holding a running clinic to be funded by the NW Region. \$500 plus additional funds can be requested. Satterfield is working on a proposal.

5. Meeting Adjourned at 10:35 PM

Submitted by Jim Schlewitz Secretary

Oregon Association Racewalk Committee Meeting Minutes

Sept 19, 2009

Members Present: Jim Bean (Chair), Marie Vermeer, Doug Vermeer, Bob Latham, Dan Swehosky, Rose Schlewitz, Jim Schlewitz, Roger Hall, Harry Simonis

Meeting called to order by Jim Bean (chairperson) at 8:45AM

Minutes: Move to approved May 31, 2009 minutes by Bob Latham, second by Dan Swehosky with a change to the spelling of Rod Lynch to Rod Lynch

Old Business:

Awards: This year due by August 2009

Contributor – Carmen Jackinsky – Has a company that repairs running shoes

Youth – Nathaniel Roberts – has moved from 1500m to 3000m

Masters – Karen Karavanic – walking the 40k distance

Banks One hour for 2009 is scheduled for October 18, 2009
 Includes the Postal event and Western regional– entry is free, however we will be charging a fee. Jim is passing around the entry form for review and approval

Fees for events: One Hour \$10, Western Regional \$10, Both events \$15, Postal \$2

Meet Schedule – 2010

- 20km – May 2, 2010
- 10km – Sunday, March 7, 2010 at Stayton High School. Dan will verify
- 5km – April 4, 2010 at Portland Christian Willamette is now out. They are charging. Dan Swehosky will check with Salem High School

- World Championships will be in Mexico for 2010
- Western Regional One Hour – October 17, 2010 in Banks (Jim Bean will bid on this event at the National Convention.

NOTE: Conversation on getting numbers increased for Racewalk events in Oregon and around the Nation.

NOTE: Forms out for working the National event in Des Moines, Iowa
 Youth – need schedule for 2010

Masters – needs schedule for 2010

Portland Masters Classic/Oregon Association Championships – June 19-20, 2010 (Mount Hood Community College)

Hayward Classic/Northwest Regional Championships – June 26-27, 2010 (Hayward Field)

National Convention – Jim Bean will bid for Western Regional One Hour – any other bids

Other items as offered:

Racewalk Clinic - Spring 2010

Next meeting – March 2010

Put schedule on Association website

Note: Consider relay race in banks. Three member teams x 5k legs around athletic fields in Banks. Jim Bean is checking with Carmen. Marie commented about trying this before with limited success. Could have running events incorporated with this. This would be scheduled with Portland to Coast. Jim Bean would like to hold novice walks at association events. This would be a non-competitive event. Could be free or could be a \$5.00 fee

Motion to adjourn: Marie Vermeer moved to adjourn, Second by Dan Swehosky Meeting adjourned by Jim Bean at 9:15AM

Minutes respectfully submitted by Roger Hall

Mountain Ultra Trail (MUT)

www.usatf-oregon.org/mut

- http://www.coolrunning.com/engine/1/1_39/5905.shtml
- <http://www.usatfne.org/trail/> (New England MUT information)
- <http://www.oregontrailseries.org/> (Oregon MUT series)

Oregon Association Open Athletes

All open athletes are welcome to attend any of the all-comer meets (Track & Field or Cross Country) listed in the youth section of this newsletter or go to <http://www.usatf-oregon.org> and click on calendar.

You will find the meets listed there.

Oregon Association Youth Meeting Minutes

Sept 19, 2009

Attendance: Doug Bowman, Jeff Hoskins, Ralph Greene, Bob Stoppa, Roger Hall, Peggy Squires, Pia Wilson-Bosy, Bob Latham, Harry Simonis, Rocky Lechelt, Greg Simdars, Carol McLatchie, Dan Joynt, Glenn Fortune, Dan Swehosky, Jonathan Marcus, Dave Lee.

Called to Order: Doug Bowman (Youth Chairperson) 1:00 pm.

Approval of Minutes from May 31, 2009: Glenn Fortune and Ralph Greene.

Old Business:

Volunteers at NW, JO and Regional Championships: Thanks to all clubs, coaches, parents and anyone else who volunteered your help greatly made these meets very successful. For 2010 season there is a need for more volunteers.

Travel Grants for 2009: It was mentioned at our NW meet there was NO money made for travel to JO Nationals. After the fact it was shown we did make \$1,492 from this NW meet. It was discussed and approved that we roll over this money and add it to the 2010 NW meet to have a larger amount. Motion: Second: Motion Passed and the money will be rolled over to 2010 year.

National Travel Grants: Doug will address this issue at the National Convention on the selection of teams for this grant. The suggestion is that all clubs fill out these forms and send them in every year.

Background Checks: Reminder to ALL clubs. Coaches MUST complete a USATF Background check to work with any youth athletes. This is done online at a cost of \$8.00.

Advancement forms: All advancement forms must be filled out and signed by the Athlete and Parent prior to the Association Championships.

New Business:

NW, JO & Regional Budgets: The suggestion was that we try to reduce 10% off of each line item if possible to reduce cost. The cost of putting on the NW meet: \$7,512.23, JO meet: \$5,790.30, JO Reg. meet: \$6,487.85.

Developmental Meet Athlete fee: \$5.00

Registration: 8:30 am

Walk through: 9:00 am

First race: 10:00am

Each race will follow on each half hour. Times may vary at each venue.

New Fee's for 2009 Championships

- Association: \$10.00 **Pre-Registration Required**
- Regional: \$15.00
- National: \$20.00

Cross Country Schedule 2009:

- Sept. 26 – Salem – Bush Park Salem, OR
- Oct. 3 – Team OR. – Corbett HS Corbett, OR
- Oct. 10 – Emerald Valley – Armitage Park Eugene, OR
- Oct. 17 – Warner Pacific – Westmorland Park Ptld, OR
- Oct. 24 – Team OR. Sandy HS Sandy, OR
- Oct. 31 – Warner Pacific – OR City HS Oregon City, OR
- Nov. 7 – Team OR – Sandy HS Sandy, OR
- Nov. 7 – Open/Masters 5K
- Nov. 14 – JO Association Championship – Sandy HS Sandy, OR
- Nov. 21 – Reg. 13 Championships – Spokane, WA
- Dec. 12 – JO National Championships – Reno, NV

2010 Track and Field schedule:

- April 24 – Salem Track Club - Salem
- May 1 – Tigard Track Club - Tigard
- May 8 – Jefferson Track Club – Jefferson HS, Jefferson, OR
- May 15 – Team Oregon USA – Sandy HS Sandy, OR
- **May 22 (State 1, 2, 3 Champ. Weekend) Open Date**
- **May 29 (State 4, 5, 6 Champ. Weekend) Open Date**
- June 5, 6 – Salem Track Club Multi Event Meet
- June 12, 13 – NW Club Championships TBA
- June 19 – Emerald Valley Track Club – Eugene
- June 24-27 – JO Association Championships TBA
- June 29-July 4 – Youth National Championships
- July 8-11 – Reg. 13 Championships Seattle, WA
- July 17-18 – Track City International Classic – Eugene, OR
- July 27 – Aug. 1 – JO Nationals Sacramento, CA

2010 Cross Country Schedule

- Sept. 25 – Salem TC – Bush Park
- Oct. 2 – Team OR USA TC – Corbett HS Corbett, OR
- **Oct. 9 – Open Date**
- Oct. 16 – Warner Pacific – Westmoreland Park Ptld, OR
- Oct. 23 – Emerald Valley TC Eugene, OR
- Oct. 30 – Warner Pacific – Oregon City HS Oregon City, OR
- **Nov. 6 Open Date**
- Nov. 13 – JO Association Championships TBA
- Nov. 20 – Reg. 13 Championships (Oregon) TBA
- Dec. 11 – JO Nationals

Other Business:

Meet Marketing: This was discussed, but further discussion is needed at our Feb. 21 meeting.

Next Youth Committee Meeting: Feb. 21, 2010 Anti-Gravity Center, Portland, OR

Meeting adjourned: 3:30 pm

USATF Oregon Protocol for Code of Conduct Violations

- The incident should be reported immediately to the meet director or event director and an official, and youth committee chairperson.
- It will be the responsibility of the Youth Chairperson or his/her assignee to verify the complaint.
- If the complaint is valid the Youth Chairmen or his/her assignee will contact all officers of the Youth Committee.
- The Youth Committee will determine if any sanctions should be implemented. The reference for any sanctions shall be the Governance Manual.

Sportsmanship Guidelines for Parents, Coaches and Others....

Coaches and parents are tremendous assets to our track and field programs and this association is extremely grateful for your cooperation, support, and loyalty. We expect athletes to hold themselves to high standards of sportsmanship as outlined in the USATF 2006 Competition Rule Book and expect parents, coaches and others will themselves serve as role models for our youth athletes by exhibiting high standards of sportsmanship as well. We must never lose sight of the fact that the participants in youth athletics are only "youngsters".

Officials and meet management personnel are there to help make this a positive experience for everyone, especially the athletes. Please treat them accordingly. The following guidelines should be adhered to at all times by athletes, coaches and parents:

- 1) Knowing and understanding the rules of track and field.
- 2) Showing respect for officials and their decisions.
- 3) Showing respect for opponents at all times.
- 4) Recognizing and appreciating the varying skill levels of all athletes participating.
- 5) Maintaining self-control at all times.
- 6) Showing a positive attitude when cheering.

Sanctions may be considered toward parents, coaches, and/or teams that do not adhere to these policies.

Coaches Education

Tom Mil I brooke, Chair mil brot@canby.k12.or.us

The coaching education program provides educational opportunities for all levels of coaches, from grass roots to the elite level. The program is comprised of three progressional levels, each of which has the following components:



- Sport Science
Extensive instruction in sport science is covered in order to provide a scientific basis of understanding for rational development of technique and training programs. The sport science portion has been developed by the American Coaching Effectiveness Program (ACEP) and the USATF National Coaching Education Committee. It includes sport psychology, pedagogy, and sports medicine.
- Technical, Event-Specific Instruction
Throws, jumps, sprints/hurdles, and endurance events are all covered at the basic level in this school. Event-specific instruction is progressive in nature. Consequently, at Levels 2 and 3, each event is covered in greater depth and detail than the previous level.
- Hands-on Training
Experience is the best teacher. Minimum standards of practical experience are expected of participants at each level.

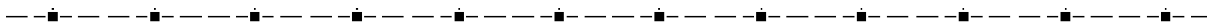
Calendar and more information of can be found at <http://www.usatf-oregon.org>.

Education Levels

- Developmental - Association-based, introductory course that offers a grass roots overview of the sport and coaching.
- Level 1 - basic knowledge course that emphasizes rules, basic mechanics, and teaching progressions.
- Level 2 - more in-depth training in an event specific group (sprints/hurdles/relays, endurance, jumps, throws, combined events).
- Level 3 - very high-level seminar structure educational experience in a specific event area.

Other Opportunities

- Scholarship - Minority Women Coaching Education Scholarship.
- Special Programs - USATF will occasionally sponsor or support special clinics or programs.
- Advanced Event Summits - very high-level seminars focusing on a specific event group.



Criminal Background Checks Executive Director Harry Simonis usatforegon@msn.com

It is **Mandatory** that **ALL Youth Club** coaches and volunteers **MUST** submit to and pass a **Criminal Background** check **Each Year** to be eligible to participate in the Oregon Association of USA Track & Field's Youth program New and Renewing Clubs will be listed as '**Provisional**' until their coaches/volunteers have been screened through the Background screening check process. Clubs that have all their coaches/volunteers pass the screening checks will be listed as '**Fully Accredited**'.

Parents/Guardians/Club Administrators can check to see which Coaches and Volunteers have successfully passed the Background screening check at www.usatf.org/about/programs/backgroundchecks/info.asp?associationNumber=37
Coaches or Volunteers that **fail** the Background screening process **will not** be listed.

COACHES/VOLUNTEERS WHO SUCCESSFULLY PASS THEIR CRIMINAL BACKGROUND CHECKS
MUST WEAR THEIR USATF-OREGON PROVIDED CREDENTIALS AT ALL PRACTICES AND MEETS.

Please direct any questions you may have to the USA Track & Field of Oregon Association office.
Ph/Fax 541-504-1077 or e-mail usatforegon@msn.com Don't forget to get your 'Run' 'Jump' 'Throw' or 'Walk' in today.

Attention Parents

It is highly recommended by the Oregon Youth Committee that each parent take the responsibility of checking the Approved Coach/Volunteer Link to be certain that your child's coach (es)/volunteer(s) has successfully passed the criminal background check that the Oregon Association does on each coach that has submitted an application.

ALWAYS BE ALERT!

2009 USATF-Oregon Annual Award Winners

LDR

Open Division Female : Wendy Terris
Open Division Male : John Lucas
Masters Female : Suzanne Ray
Masters Male : Danny Gonzalez
Ultra Women's Runner of the Year : Kami Semick
Ultra Men's Runner of the Year : Erik Skaggs

Masters Athlete Award Winners

Female Track Athlete : Suzi McLeod
Female Field Athlete : Becky Sisley
Male Track Athlete : Dan Bulkey
Ross Carter Award : Harvey Llewellen

Officials Award Winners

Overall Official : Jerry Westfall
Track Events : Bruce Davis
Field Events : Dan Swehosky
Volunteer : Cheryl Bowman

Open Division Athlete Winner

Race Walk Athlete
Masters : Karen Karavanic
Youth : Nathaniel Roberts
Contributor : Carmen Jackinsky

Youth Division Awards

Female Track Athlete : Paige Rice
Female Field Athlete : McKenzie Warren
Female Combined Events Athlete :
Female Cross Country Athlete :

Male Athlete : Ryan Crouser

Oregon Award of Appreciation Person of the Year
Jerry Westfall