

THESE ARE THE DAYS...



TO REMEMBER

Development Programs



Coaches Education

*Executive Committee Meeting
Thursday, December 5th, 2002*

In attendance:

- Boo Schexnayder, Chair
- Al Schmidt, Co-Chair
- Mike Young
- Mike Corn
- Carolyn Ross
- Wendy Truvillion
- Oscar Jensen
- Jack Ransone
- Scott Christensen
- Monica Gary
- Troy Engle
- Tina Kauffman, USATF National Headquarters
- Cathy Sellers, USATF National Headquarters

1. Reorganization

- a. Expansion-
 - i. Merchandise program
 - 1. Monica
 - a. Exhibit space /booths
 - b. Online sales, marketing
 - ii. Technology – Young
 - 1. Website redesign
 - 2. CD-ROM
- b. Transition to developmental emphasis rather than just being schools
 - i. Troy Engle
- c. Wendy takes over Level I coordinator from Ross
- d. Winkler added to executive committee
- e. Godina takes over evaluation procedure for LI and LII
 - i. Director of Instructional Quality

2. Level I Report

- a. 20+ schools last year
- b. Identified associations which need to put on school
 - i. Each school should have at least 1 school every 4 years
 - ii. Some associations are not meeting this requirement
- c. Email Stationary system set up
- d. Evaluation system of instructors and curriculum was used to change curriculum
 - i. Addition of hammer throw and walks
 - ii. CD-ROMs need to be updated
 - 1. Slides do not really follow curriculum
 - iii. There is need for further evaluation
- e. Rewrite Procedure
 - i. There are problems with the timing and sequence of the slides
 - ii. Problems with the time distribution of each module
 - 1. There needs to be editing and a reallocation of time/focus
 - 2. There should be no major curriculum changes
 - 3. Video should be added to slides
 - 4. Pictures should be added
 - a. Pros- offer visual aid
 - b. Cons- Difficult to find and agree on good pics; movies may be better
- f. Evaluation of instructors
 - i. Streamlining is needed

- ii. The same instructors are seen over and over
 - iii. Godina will serve as the quality control for instructors
 - iv. First time schools offer opportunity for new instructors
 - 1. they should be assisted by USATF funds
 - v. Hosts with previous experience should be unfounded
 - g. Web page restructure
 - i. New forms offered online
 - ii. Buttons should be added to the web page to make it more user friendly
 - h. Expansion of Level I schools, goal of 40 in 2003
 - i. There are enough good teachers to reach this goal
 - ii. Universities teaching Level I should be counted in this total
 - 1. Professors should be allowed to teach without ITC
 - i. Marketing Discussion
 - i. Internet based
 - ii. Advertise in catalogs
 - iii. To collegiate athletes
 - iv. HS coaches message boards such as DyeStat
 - v. Teachers should market their own schools
 - vi. Online advertising for coaches education can come on USATF website as well as other sites (Lyle)
 - vii. Level III should be advertised in T&F news
 - 1. Possibly add Level I and II schools
 - viii. State clinics
- 3. Level II report
 - a. Boise
 - i. Excellent attendance
 - ii. Good instructors/ facilities
 - iii. National based student population: people will attend no matter where the site
 - iv. Despite this, there is a need to try an move the site around the country
 - b. Asheville 2003
 - i. Restructure organization
 - 1. All participants must be present at same time
 - 2. Start on Saturday night
 - 3. Graduation ceremony
 - a. All groups must continue until at least the same time
 - ii. Level I will be held in January in Asheville
 - iii. Level I will be held in conjunction with summer LII
 - iv. Event group meeting time changed
 - v. Marketing:
 - 1. T&F News
 - 2. Fast Forward
 - 3. Electronic News Letter
 - 4. American T&F
 - vi. Readdress Saturday change and change in graduation policy ~ effect on event groups
 - 1. Scott feels it would hurt endurance group
 - 2. It is agreed that it will not as long as this policy is in place beforehand
 - vii. New instructors
 - 1. Should be limited to 3 people per group
 - a. 2 old, 1 new person
 - c. Winter Level II
 - i. Colorado Springs
 - ii. Is winter date feasible and possible?
 - 1. Motion to set up December 2003 Level II (Boo); 2nd (Al); no oppositions
 - a. Needs at least 3 months to set this up
 - b. A deadline for exact date by Asheville Level II
 - i.
 - c. Motion for no separation of room and board from tuition (Boo); 2nd (Troy); no oppositions
 - i. Will increase profit margin
 - d. Date for Summer Level II 2004
 - i. Conflict with Nationals, NCAAs, and Junior Nationals

- ii. Possible Dates:
 - 1. June 28th- July 4th – before Olympic Trials
 - 2. July 25th- August 12th – after Olympic Trials
- iii. Possible Sacramento post Nationals Level II- not accepted
- iv. Suggested we should break from Saturday start tradition
- v. Proposed dates:
 - 1. July 25th – August 1st (Corn)
 - 2. June 16th –23rd (Al)
 - a. Motion for July 25th start date (Corn); 2nd (Al); no oppositions
- vi. Suggestion to move to other parts of the country (Corn)
 - 1. Importance and need for competent coordinators
- 4. Internet-Based Coaches Ed. Meeting at 7:30 in computer lab
- 5. Level III Report
 - a. Orlando was a disaster
 - i. Endurance: 50 people
 - ii. Throws: 25 people
 - b. Boise
 - i. Good turnout
 - ii. Name change to HP Summit may have been helpful
 - c. Suggestion for possible collaboration with MF Athletic or HP division
 - d. It is suggested that taping of schools at Level III may help to market other schools (Corn)
 - i. May dilute already sparse Level III attendance
 - ii. Knudsen's website and video company are sketchy
 - iii. Let taping happen in Vegas but put on hold for the future
 - iv. Debate over taping in Vegas (Cathy / Al)
 - v. It is agreed to let taping occur;
 - 1. Coaches Ed must get final edit rights
 - 2. Financial matters must be cleared up (who gets the \$)
 - 3. All speakers must sign a release
 - e. Knudsen Status
 - i. His video project started off as USATF sponsored
 - ii. It is no longer USATF sponsored
 - f. Site for Endurance and Throws
 - i. These two events should be kept together
 - ii. Collaboration with HP group
 - iii. We may want to try and use Chula Vista to satisfy HP group (Al)
 - 1. Possible December meeting
 - g. We need to be the leaders if we proceed with HP group
 - h. Motion to limit # of speakers at Level III to 6 speakers (Boo); 2nd (Al); no opposition
- 6. Internet Course
 - a. Writing the new curriculum will require a meeting
 - b. There will be problems with a college server
 - c. Jumps curriculum is agreed to be finished and ready by March 1st
 - d. After NCAA's the whole curriculum should be assembled
 - e. Curriculum should be typed in MS word and PageMaker
 - f. Will encompass developmental curriculum and add some minor sports science
- 7. PV Course
 - a. Created to be a safety and basic technique course
 - i. Provides teaching progressions and safety basics
 - b. Will not be a certification course
 - c. Will be on video and taught by people who may or may not be ITC instructors selected for their expertise in the pole vault
 - d. Should be created in MS Word and PageMaker
 - e. Should be pushed to High schools
- 8. HS meetings
 - a. Coaches Ed should assemble clinic teams to offer to HS meetings
 - b. Level I may be able to be offered at state clinics

Friday, December 6th, 2002

1. Budget Prospective
 - a. 28K budget; with stipulation of recruiting
 - b. Rumors of self-sufficiency
 - c. Al & Boo meeting with budget committee
 - i. When looking at self-sufficiency issues you need to see separation between school & committee.
 - ii. Meeting went well
 - iii. They didn't know capability of coaches ed.
 - iv. Elias is an ally; wants to make a business plan
 1. Merchandising
 - v. Question of profitability posed?
 1. Means of evaluation of efficiency
 2. If profitable, Coaches Ed. Needs to benefit from profit
 3. Elias needs to be more entrepreneurial
 - vi. Honest in meeting
 - d. Cost of LIII ~ Al
 - i. \$175 for LIII attendance regardless of in certification program or not
 - ii. Using marketing ability (of Lasorsa) to bring in people
 1. HPP brings in some people; we pay half
 - a. Share speakers
 2. If Lasorsa brings in people we split profits
 3. If Development group brings in people we need to figure out a way to charge people who would normally get in for free
 - iii. Level III certification doesn't work- Christianson; Boo opposes
 1. Level IV possible restructure ~ Christianson
 - a. Boo opposes because possible financial concerns due to different costs for HP people and LIII people
 - b. Look at partnerships between committees
 - c. No one does anything about completing the certification process
 - i. Possibly dropping paper requirement
 - ii. We should not lower the standard (Corn & Boo)
 2. What is the benefit of being LIII courses? (Ross)
 - a. Make LIII more prestigious to attract people to the program
 - i. Put it in Fast Forward (Sellers)
 - ii. We need to send the list to selection committees (Al)
 - iii. There is a serious problem with people claiming to be LIII certified without completing the whole process
 - iv. Since LIII has been around for 10 years, if we put out a list it may deter
 - v. We should not lower standard (Boo); problem with people not writing the paper
 - b. The switch to HP Summit attracts many people and should be continued
 - c. There needs to be a "cease and desist" policy with coaches claiming to be USATF LIII certified who are not (Sellers)
 - d. Confusion over Master Coach list (Troy)
 - i. What is Master Coach?
 1. Grand-fathering elite coaches
 - iv. The biggest problem is marketing the program
 1. Local advertising; not much
 2. Speed & Strength LIII was a success because of local participation
 3. Email mailing list
 - v. Should fees be the same for all individuals (those who have been through LI & LII; and those who have not)
 2. Level II science program
 - a. Restructure of program
 - b. Sciences didn't move all along well
 - c. Boo suggested three hours per science which would give four hours for a series of 1 hour talks on various subjects
 - i. Difficulty in assembling the program

1. Speakers availability
- d. Revolving scientists
 - i. Offering science classes specific to each group
 1. Motor learning
 2. Nutrition
 3. Over-training
 - ii. Round table possibility (Jack)
 - iii. Make it a hard science (Al)
 - iv. Have a series of subjects so that everyone can get to each topic they want
 - v. Would offer variety from full day of attendance
 - vi. There are weaknesses in current format
 1. Nutrition
 2. Ergogenic aids
 3. Sports medicine
 4. Injury care
 5. Restoration
 6. Strength training
 7. Motor learning
 - vii. A goal of the program should be to have people leave the program and have a general knowledge base in almost every field (Troy)
 - viii. Motion to take 4 hours and making a more encompassing sports science program (Boo); Jack will be in charge; 2nd – Corn; no opposition
 - ix. Does thematic LIII work (sellers)
 1. i.e.- restoration; motor learning; etc.
3. Curriculum Warehouse
 - a. Under Technology
 - b. Kebba Tolbert holds all materials
 - c. As revisions come in, he takes new versions; eliminates old versions;
 - d. Keep curriculums in various forms
 - e. Eliminates problems of having old forms of curriculum sent out
 - f. Get new stuff to Kebba
4. Budgeting for curriculum rewrites
 - a. Important for professional and curricular growth
 - b. Availability for meeting between groups is there
 - c. This should be a priority
 - d. It is important that rewrites take place after PET meetings (Sellers)
 - i. PET teams support an athlete
 - ii. Are Coaches Ed individuals needed on PET teams? (Christianson)
 1. Yes it is important especially for Endurance group (Sellers)
 2. We should believe that we are important part of HPP (Sellers)
 3. We should not rewrite curriculum based on HPP
 4. Our sports scientists are at least as good as theirs
 - iii. We need to send coaches as liaisons especially with biomechanics
 - iv. Next year's funding comes largely from HPP budget
 - v. USOC pays for PET members so they can decide who is on each PET team
 - vi. USOC needs to realize that if they're not paying for CE stuff they don't have the right to tell us what to do (Ransone)
 - vii. We are going to send people to PET meetings
 1. Individual chairs decide who will go and represent each group
 2. Movement to send 2 people to go to PET meetings in January (boo); 2nd; no opposition
5. Addressing curriculum loopholes (Corn)
 - a. Revision of LIII certification requirements
 - b. Publication requirements are not stated
 - c. LII certification in that particular area is not stated
 - d. We need to be more specific with requirements
 - i. See Revised LIII certification requirements
 - e. There is a revision to make certification LIII only in event groups
 - i. People who have taken non-specific LIII in the past? (Troy)
 - ii. We need to make clear that certifications are only in event groups
 - iii. Should there be science LIIs? (Corn)

- 1. May not work because of difficulty and timing
- f. The paper needs to be specific to the event group specified in the certification program
 - i. Previously published articles will not be accepted
 - ii. Motion to send updated LIII version (Al); 2nd –Boo; no oppositions.
- 6. Test grading scanner and LCD projector purchase
 - a. Elias may have problems with purchase of LCD projector
 - b. Grading scanner costs around \$5300; software \$1400
 - c. Elias feels we may not need LCD projector due to small number of clinics
 - d. We need a grading scanner immediately
- 7. Relationships with associations are bad
 - a. There is miscommunication
 - b. There are questions about profit /financial concerns
 - c. Associations try to use control over site to get money
 - d. Associations want money when they host a LI school?
 - i. Boo suggests no changes
 - e. We need to deal with instructors and not associations
 - f. If associations have difficulty it is there own problem / they are the source of the problem; and it should not be of great concern to us (Oscar & Al)
 - g. Many associations don't understand the function of LI schools (Ross)
 - i. Every one wants to host a LI but they don't understand that that small schools will be a financial loss
- 8. Annual Award for service to coaches education
 - a. Move to make Oscar head up move for awarding contribution to CE
 - b. Oscar accepts position
 - c. Award to be given possibly 2 a year initially; and then once a year later
 - d. Move to make 2 awards:
 - i. Lifetime achievement
 - ii. Buss Educator of the year award
- 9. Ordering for CE reports:
 - a. Level I report
 - b. Level II report
 - c. Level III report
 - d. Developmental Coach Report
 - e. Revision of LIII guidelines
 - f. Clinic Reports
 - g. Updated email list / News letter
 - i. Newsletters electronically distributed; offers opportunity to update data base; PDF format; delivered to all who would like to receive
 - h. Pole vault course
 - i. Merchandising
 - j. Science restructure
- 10. Booths at CE functions
 - a. Objection is not over commercialism but fairness
 - b. Vendors can come
 - i. Should pay fee
 - ii. Will be explicitly stated that CE does not endorse products
 - iii. Troy suggests expo held after sports science
 - iv. Boo suggests after registration
 - v. Al- after test; before social
 - vi. Fees for CE: \$200
 - vii. Boo makes motion to make \$200 fee (monetary or supplies for CE) for vendor setup at LII clinics; 2nd Troy; no opposition
 - viii. Gill has supplied goods for several years of CE
 - 1. This can be accepted as prepayment for several years
 - 2. They should get advance notice about this new vendor policy
 - c. Vendor expos make setup appear more professional
 - d. Merchandising at all 3 levels
 - i. Doesn't really work at LI because of inventory problems (Corn)
 - ii. It is more important that coaches ed provide merchandise and a professional format than look out for instructors
 - iii. Meeting adjournment Boo

Men's Development

Dec. 5th 1-3 pm

Meeting Called to Order by Brad Hackett at 1:10pm.

Brad announced that Jay Silvester would be stepping down as chair of the throws Jay has been on the committee since 1984. Thank Jay for 18 years of service.

Jay gave a short speech, he explained that he tried to improve technique, said state of throwing in the USA is not very good but needs to be dealt with, and he will always be involved in sport. Jay and his wife will be going on a mission for 18 months.

Brad handed out the Budget for 2003. Enclosed
Brad explained how some of the competitions were moved around.

Based funding was explained; it is for two reasons, to send committee members to Convention and meetings like Indianapolis. If you use base funding to get to the National Championships a project must be in place at the national championship.

He explained that \$18,000 has been allotted for middle distance/distance PET. Jerry Crocket will head this project.

Scoot Hall asked about PET funding from USOC.
Brad explained that there are 3 PET projects this year; mid distance/distance, shot put, long/triple jump.

Brooks explained that there are PET people on site at Chula Vista.

Brad explained that Mike Holman would be given more money for the Junior Camp to help bring in more athletes. It is about \$7,000 more. A plan needs to be implanted on how to spend the money. Should it be a stipend?

John McNicholas explained how the hurdles committee funds 2 staff members and 2-3 athletes.

There was a discussion on where the money should be spent either on junior or senior athletes.

Cathy Sellers from the National Office explained that accountability has been increased; USOC watches very closely how money is spent.

Brooks Johnson said to everyone to get your accounting right after your project ends.

Motion by Jeff Gorski and seconded by Criss Somerlot that the \$7,000 be divided between all the junior events.

Discussion was held both pro and con. Motion passed 15 for 2 against.

Brooks Johnson gave a brief example of the High Performance Division programs. Said the programs should be science based.

Hal Connelly went to youth committee to try and get the hammer as part of the youth program; his motion was tabled for this year. Hal said that technique development has to begin by age 14.

John McNicholas gave a brief statement on the NCAA trying to reduce practice time, and not letting athletes practice with their coach in the summer.

Meeting adjourned at 2:45pm.

MDEV General Meeting

Dec. 5th 3 – 5 pm

Chair Brad Hackett called the meeting to order at 3:10 pm.

Brad introduced each member of the committee.

Brad then mentioned that Jay Silvester throws chairman would be leaving this year after 18 years of service.

Brad then gave an explanation how the budget was developed. Group from Men and Women's Development, Sports Science and USOC met in August in Indianapolis to write project proposals. Projects were written and turned in, they were reviewed a month later for approval or disapproval. Committee is now close to spending all their allotted money.

Brooks Johnson gave brief explanation of the High Performance Division; everything is now based on medals in World and Olympic Games. We need to hold on to the medals we have and try to win a few more. Brooks then explained the relay project. There were three mandatory relay camps in 2002, Texas, Penn, and Mt. Sac Relays. More are planned for 2003. Orin Richburg came up and explained the success of the relay project. The National Relay Coordinator will keep a pool of athletes available; that does not mean they are on the team. Brooks Johnson is the National Relay Coordinator; he does not want to exclude anybody from the pool.

Brooks and Duffy explained about High Performance Center in Chula Vista, Ca. There are currently 36 beds available to Track and Field, 32 are filled, and there is a waiting list.

Duffy said it is important to get your request in early. Top 15 athletes in Best Bets events are free.

Top 20 athletes in target events are free.
Top 15 athletes in developmental events are free.

There is a request to have the track redone at Chula Vista, cost is high, and so project is currently on hold.

Brad then introduced members of development committee who are on national team staffs.

Junior Camp report was given by Brad. Mike Holman is director but could not attend. No date has been set but should be in mid summer. Standards for junior camp are the same as the qualifying marks for junior championships. Event chairs pick camp clinicians. If an athlete comes to training camp, his coach should attend.

Andy Ferrara junior film coordinator has videos for sale from junior meet by event.

Meeting adjourned at 4:05pm

Women's Development

Executive Committee Minutes December 6, 2002

Present-Brooks Johnson, Cathy Sellers, Rita Somerlot, Teri Jordan Lucas, Kim Hyatt, Ramona Pagel, Jeri Daniels-Elder, Julie Harris, Dave Nielsen, Craig Poole, John Rembao, Lyle Knudson, Dee Jensen, Robyne Johnson, Terry Crawford, Ray Lapinski, Bert Lyle, MaryAnne Torrellas, Kathleen Raske, Duffy Mahoney, Sue Humphrey

Sue Humphrey held a review of the budget process. One area discussed was the funding for the junior camps. All requests by individual coordinators were lumped together and \$5,000. was added to the overall camp budget. Lyle Knudson explained how he would work with the event coordinators to scholarship junior athletes to the camps.

Brooks Johnson will explain the overall High Performance critical zone philosophy. Event coordinators were reminded that their travel to required meetings would come from their event budget.

WDEV General Session Minutes

Chair Sue Humphrey called the meeting to order.

High Performance (HP) Chair Brooks Johnson reviewed the overall program. The USOC is not working on a sense of entitlement; it is requiring results for funding. Each governing body will receive \$250,000. and the rest will be "earned" by meeting certain performance markers. Medals in international championships equate to dollars from the USOC.

The HP division has developed a philosophy that each event has a critical zone of performance. Each event coordinator has been working with sport scientists, coaches, and athletes to target certain performance marks and then develop programs to reach the solutions. This program was used with the women's discus in 2002 with great results, including a new American Record by Suzy Powell and three athletes on the worlds top 10 lists. Bing Yu, discus biomechanist, digitized the world's best female throws and then compared that data to the data of the US throwers. He made suggestions for improvement and the athletes/coaches went to work.

Another concept being studied is the value of sending full teams to international competitions. As money becomes an issue, the question of sending athletes who have no chance of even making the finals becomes a valid one.

The distance group will be meeting in early 2003 to create a Performance Enhancement Team (PET) in conjunction with the USOC. Jerry Crockett is heading up this project.

Each event chair gave a report of the activities from 2002-

Hurdles - Kathleen Raske

There are seven US women in the world's top 15. There are several individuals working with the individual events, such as, Remi Korchemny, technical analysis; Gail Watkins, 100m hurdles; Latonya Sheffield, 400m hurdles; Tim Moore and Kathleen Raske, juniors; Robert Vaughn, physiology for 400m hurdles. Activities are held during training clinics, elite summits at competitions, biomechanical studies w/Ralph Mann, and physiological testing.

Distances - Teri Jordan-Lucas

A distance clinic was held in Las Vegas for coaches similar to the sprint-hurdle clinic. Incorporating speed into distance training and technique is a major project for this group. It doesn't matter how long a runner can go if she can't use speed at the end of the race to place. Science is being used to take these events to a higher level of performance. Blood testing was done during the summer CanAm series to evaluate pre and post values. One project included having a race where the critical zone parameters use put into a race plan. Athletes and coaches then evaluated the concepts after the race for effectiveness.

Marathon - Ray Lapinski

He reviewed the marathon camp held at Chula Vista and was very pleased with the overall success. This year 9 of the 11 women ran PR's in fall marathons. Three have the "A" standard and two have the "B" standard. Athletes are responding to the higher expectations given to them. He reported that the creation of the PET for distance would continue to improve this event.

Race Walk – MaryAnne Torrellas

This year the walk distance increased to 20K from 10K. The World Cup was held in Italy. Coach E. Pena at the OTC has been successful with the elite walkers. The women are still trying to find women who are continually at the elite level. To broaden the talent pool, they are hosting youth clinics.

Multi-Events – Craig Poole

They are trying to get more high school athletes interested in the multis. The Mt. SAC Relays were used as a tune-up for the meet against the Netherlands later in the summer. The fall summit focused on nutrition, power development, and technical advances. A key area in biomechanics was on long jump velocity. In 2003, the indoor pentathlon will be held in Chapel Hill. A major area of discussion is still the women's decathlon and order of events. The athletes/coaches want to maintain the same order as the men.

Shot Put – Ramona Pagel

Film analysis was done at the NCAA outdoors and USATF Nationals. A clinic to meet with the post collegiate athletes was also held. Mike Young is the event's biomechanist and Rich Gordin is the psychologist. The fall camp atmosphere was to develop a team of throwers. Nutrition was also addressed including a nutritional survey and review of the data. Technical research was reviewed and individually applied to athletes.

Discus – Rita Somerlot

The main focus for the discus is to take the current throwers to the next level of performances. Biomechanist Bing Yu developed critical zone areas for 4 of our top throwers. He met with the athletes over a year ago and then kept in contact with them by filming reviews and suggestions for improvement. The program has proven to be very effective with Suzy Powell setting a new American Record and Aretha Hill and Kris Kuehl all ranked in the world's top 10. The group will meet again in March to review progress.

Hammer – Jeri Daniels-Elder

Anna Norgren set another American Record along with a #7 world ranking. The Penn Relays competition and clinic provide mid-year evaluations. Over 300 fans watch the Penn Relays' hammer competition. Combining the juniors with the seniors nationals helped provide a positive competitive experience for both groups along with mentoring. Iain Hunter is the biomechanist. He is developing an international model. Since the event is still new internationally, critical zone markers are still being developed. Bonnie Edmondson works with the junior throwers.

Javelin – Kim Hyatt

Competitions at Mt. SAC and Stanford helped measure critical zone data. Biomechanist Michelle LeBlanc has been collecting data for the women to create more

effective throwers. Several talent ID clinics were held in Louisiana, Montana, and Los Angeles.

Sport Science – Harmon Brown

He reminded the group that sport science components must be included in all development projects. There is a lot of new technology available for athlete improvement and our elite level athletes need to be familiar with it.

Triple Jump – Robyne Johnson

We have one "A" standard jumper. The group is still working on critical zone markers. With Randy Huntington at the OTC, several prospective jumpers are working with him now. There was a clinic held after the junior triple jump, which included film analysis and technical information. Mel Ramey at Cal-Davis is working with force plate filming. Once this is perfected, the plates will be used when monitoring progress. A fact to consider for jumpers is that the velocity coming out of the hop/step phase is 20-x body weight!

Long Jump -- Julie Harris

Many of the projects were held with the triple jump. There are several up coming jumpers just out of college. There is a lot of work going on with biomechanist Jeff Broker and psychologist Gloria Blague. A clinic was held after the junior competition.

High Jump – John Rembao

There are a good group of juniors to complement the top seniors. A winter summit will be held in early January along with the men. A full schedule of testing, biomechanics, psychology, and training will be conducted. An instructional video was made during the junior camp. A proposal to do biomechanical filming at juniors is being considered.

Pole Vault – Dave Nielsen

He reported that 18% of the world's top 50 are Americans. Six jumpers have met the "A" standard and five have the "B" standard. However, our best jumpers are older than their world counterparts. Europeans have filled the gap with younger jumpers and the USA needs to follow this trend. Pole vault safety has been a major focus area during the past year.

The major activity for the event is the Reno summit. Over 1,000 athletes compete and attend classroom-training sessions. This year's speakers included Bubka's coach, a foot doctor, and Peter McGinnis, biomechanist.

One study was to see if fatigue played a part in a jumper's success. Right now, there has been found no fatigue effect on jumpers up to 12 jumps. Several elite vaulters have jumped between 10-18 times ending with a PR! Research has also shown that a women's runway velocity is approximately 85% of a man's. Testing was done at Mt. SAC, and outdoor nationals to measure velocity. Films were given to athletes after the meets. In Reno, speed development was reviewed along with testing the

speed of the run with and without the pole. The handhold height was also studied. Right now, development of speed on the runway is a technical focus.

Sprints – Bert Lyle

The main project for the sprints continues to be the biomechanical sessions with Dr. Ralph Mann. Mann has filmed and analyzed our elite sprinters and hurdles for many years. He has developed a database of what biomechanics are needed to produce fast times. The top four in the 100 and 400 are studied in both their fatigued and non-fatigued states. Filming is also done at the junior and senior nationals with technical analysis sessions held after the races.

Relays – Sue Humphrey

This season several relay specific meets were held for elite sprinters. Throughout the year, every top non-collegiate sprinter was invited to a relay clinic. Sprinters would arrive at the meet site two days before the race to have a group practice and discuss the relay technique to be used. Then, different combinations of sprinters would be used to race the 4 x 100 and 4 x 400. Meets selected were Texas Relays, Mt. SAC, Penn Relays, and all international meets.

Junior Camps + Video Programs – Lyle Knudson

This was the 25th year for the women's development junior camps. Five camps were held at the Olympic Training Center in Chula Vista. There is an emphasis on science, technical preparation, training philosophies, nutrition, and psychology. The walk and steeple will be added to the distance camp in '03. There will be athlete scholarships to these camps through the event coordinators' selection process. Camp dates for '03 should be available in March.

Lyle has 15 years of training and view videos available for coaches and athletes. Training videos have been filmed at the junior camps. Olympic Trials have been filmed since the '88 Trials in all events.

Humphrey reminded the group of the joint men's and women's meeting later in the afternoon.

The meeting was adjourned at 12:15 p.m.

Sports Medicine and Sports Sciences Committee

Executive Committee Meeting – Dec. 7 – 9:30 am – 11:00 am

Attending: Harmon Brown, Ralph Vernacchia, Rick McGuire, Bob Adams, Jack Ransone, Denise Bednarczyk, Gary Lang, David Martin, Ramona Pagel, Rose Monday, Mark Troxler, Joan Stratton

1. Harmon Brown outlined the operation of the committee as part of the High Performance Programs Division of USATF, and the realignment of medical and sciences funding as being part of the "coach-driven" development Meritorious Grants system. The medical supply function will now be funded as part of the Teams Services under Michael Conley's department. Gary Lang will continue to order supplies, ship them to trainers and purchase and maintain equipment. Pharmaceuticals will be shipped to and transported by the team physicians, due to issues related to customs and international travel.

Exercise Induced Bronchia-Spasm documentation.

Dr. Martin and Dr. Brown outlined the new IAAF requirements for documenting the need to provide proof of abnormal pulmonary function when applying for exemption to use beta-2 agonists. A letter from the physician will no longer be accepted, but the athlete must provide test results as well. The implementation of this requirement has yet to be outlined by the IAAF, but will be in place for the 2003 World Outdoor Championships.

Substance Abuse Education.

Dr. Troxler has made presentations at the annual meeting to the LDR and Athletes Advisory committees on issues related to the use of supplements.

National Teams Staffing/Formulas and recommendations.

The Executive Committee reviewed the upcoming international competition schedule and discussed the staffing needs for the various teams. The executive committee reiterated its long-standing position regarding staffing formulas for senior teams, especially World Championships and Olympic Teams, to wit:
Physicians – one per 60-75 TEAM MEMBERS (physicians are responsible for treating ALL team members, including team staff, federation staff, etc.)
Psychologists – one per 60-75 TEAM MEMBERS (psychologists work with staff on team-building, coach-athlete relationships, as well as counseling individual athletes.)

Chiropractors – one per senior team

Trainer/Massage Therapist – one per 25-30 athletes

The committee believes that for Youth and Junior Teams, the utilization of chiropractors is low, and that a trainer/massage person should replace that position. Recommendations were made for the various staff positions for 203 and 2004, to be presented to the committee for approval.

Michael Cain is the new USATF staff person for national teams management.

Sports Medicine and Sports Sciences Committee

General Session

I Educational Presentation – Michael Fredericson, M.D., Stanford University Department of PM&R “Update on Injury Rehabilitation for Running Injuries” – Dr. Fredericson presented an overview of the common running injuries, the latest research on the mechanism of injury, methods of injury assessment, and treatment modalities and criteria for return to participation.

II Business Meeting

Chair’s Report: Dr. Brown reported on the new High Performance Division structure and how the committee operates within the structure of the Development Group. He pointed out that all of the funding for the Sports Sciences programs now was “coach-driven” through the Meritorious Grants system of application from the Development Coaches with consultation from the scientists, medical and psychology personnel for their event groups. Medical supplies and equipment will be funded through the Teams Services department.

He also reported on the activities of the IAAF Medical committee, including his involvement with the Workshop on Youth Athletics, which was held in Madrid at the time of the World Cup. He also commented briefly on the new IAAF requirement for the documentation for the need of beta-2 agonists, which will be in place for the 2003 World Championships, as well as the 2004 Olympic Games. (See Dr. Martin’s report.)

Scientific Services – Dr. David Martin (see report)

Medical Services – Dr. Bob Adams (see report): Dr. Adams made recommendations to the committee for medical staffing for national teams for 2003 and 2004. The committee accepted these recommendations and will be forwarded to the High Performance Chair for final approval. (See attachment).

Psychological Services – Dr. Ralph Vernacchia (see report): Dr. Vernacchia made recommendations to the committee concerning psychologists for upcoming international teams for 2003 and 2004. The committee accepted those recommendations and will be forwarded to the High Performance Chair for final approval. (See attachment).

Substance Abuse Education – Dr. Mark Troxler: Dr. Troxler reported on his activities at the annual meeting, having made presentations to the Athletes Advisory Committee, the LDR committees and to Youth Athletics concerning use of the wide variety of supplements and ergogenic aids which are now on the market.

Youth Athletics – Dr. Mark Troxler: Dr. Troxler, Chair of the Youth Athletics Medical Committee reported on

the numerous problems with the medical care which is (or is NOT) provided at major youth championships (Youth and JO track and field and cross country). He is seeking the committee’s support and assistance in developing guidelines for medical staffing of these events and how to implement these recommendations within our organization.

III Working Sessions – Editing of Medical Manuals:

The committee was divided into two groups to complete the editing of two manuals – *Competition Medical Manual* and *International Teams* manual.

Competition Manual: Ms. Lil Mahoney has been working hard on this project, and has produced four (4) drafts, with the assistance of Mark Troxler, Harmon Brown and Bob Adams. The group worked on final wording, especially the staffing formulas and will work with Ms. Mahoney to complete the text early in the New Year, 2003.

International Teams Manual: The group has agreed that the manual, with minor revisions, was suitable. However, because of the issues of shipping medications and the limitations on trainers’ providing medications, it was agreed that supplies would be distributed to the head trainers of teams but that team physicians would be responsible for the transport of medications.

IV Other Business – None

Meeting adjourned at 4:00 pm

2003 and 2004 International Teams Medical Staffing Recommendations

2003

World Indoor Championships

Physician	Mark Gittens, D.O.	Columbus, OH
Psychologist	Dr. Gloria Balague	Chicago, IL
Head Trainer	Andy Paulin, A.T.C.	Mt. SAC

World Cross Country Championships

Debbie Van Horn, AT, C, PT, LMT, OTC
Colorado Springs, CO

World Youth Championships

Physician	Dr. Mark Troxler, D.O.	Tyler, TX
Psychologists	Dr. Amy Wheeler	San Bernardino, CA
	Dr. Greg Dale	Durham, NC

Pan-Am Junior Championships

Physician	Dr. Brian David	Sacramento, CA
Psychologists	Dr. David Templin	Tacoma, WA
	Dr. Tracy Statler	San Bernardino, CA

World Outdoor Championships

Physicians	Dr. Bob Adams, D.O.	Redmond, WA
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Psychologists Dr. Aurelia Nattiv, MD Los Angeles, CA
Dr. Rich Gordin Logan, UT
Dr. Tracy Shaw Los Angeles, CA
Chiropractor Peter Grimes, D.C. San Francisco, CA

2004

World Junior Championships

Physician Dr. William Roundtree, MD
Columbus, GA
Psychologists Dr. Amy Wheeler San Bernardino, CA
Dr. Ross Flowers Davis, CA

Olympic Games

Physicians To be provided by the USOC
Psychologists Dr. Tracy Shaw & Dr. Rich Gordin
Chiropractor Peter Grimes, D.C.
Trainers Note: Jack Ransone and Gary Lang of
USATF are part of the USOC staff

Assigned to track and field. The Medical Services Committee and Team Services will recruit additional trainer/massage personnel.

Reports from Bob Adams, Rick McGuire and David Martin and are listed in the appendices.