

Reports from the Developmental Group



Coaches Education
Women's Development
Sports Medicine & Sports Sciences

Coaching Education

Coaches Education enjoyed another successful year with a full schedule of schools as part of our ongoing programs and continued several projects aimed at expanding opportunities for developing coaches. The Committee has also enjoyed unparalleled support from and integration in projects of the High Performance Division and I would like to thank Brooks Johnson and the Executive of the High Performance Division for that support.

Formal Education Programs:

Level One

During the past 12 months, we have hosted a total of twenty-five schools, down slightly from our total of thirty in 2005. Our total number of participants was very close to the total from last year; nearly 1400 coaches went through the schools. The following chart summarizes our program to date:

School #	School Director	School Site	Dates	#
2530	Steve Thomas	Lexington, KY	Dec. 09-11/05	46
2526	D'Andre Hill	Fort Worth, TX	Dec. 09-11/05	69
2527	Glenn McAtee	Clemson Univ., SC	Dec.16-18/05	40
2523	Eric Allison	Spokane, WA	Dec. 16-18/05	43
2525	Troy Engle	Los Angeles, CA	Dec. 16-18/05	43
2521	Lonnie Speidel	Mt. Vernon, IA	Dec. 17-18/05	48
2524	Karl Geissler	Chicago, IL	Dec. 27-29/05	61
2529	Dave Pavlansky	Boardman, OH	Dec. 16-18/05	51
2531	Bob Dunkle	Provo, UT	Dec. 29-30/05	36
2602	Tom Millbrooke	Canby, OR	01/13-15/06	41
2607	Tom Antczak	Platteville, WI	01/13-15/06	32
2603	Bryan Fetzer	Berkeley, CA	01/14-16/06	97
2604	Andrew Allden	Chapel Hill, NC	01/6-8/06	71
2601	Matt Lydum	Tucson, AZ	01/7-8/06	54
2605	Ian Dube	Atlanta, GA	02/3-5/06	35
2610	Mary Beth Bittles	Villanova, PA	03/17-19/06	135
2606	Wendy Truvillion	Detroit, MI	03/24-26/06	39
2611	Barbara Collins	UT-Arlington	05/19-21/06	42
2614	Scott Christensen	Stillwater HS, MN	06/19-20/06	41
2615	Tyler Wingard	IUPUI, IN	06/20-24/06	26
2613	Ryan Turner	Cowley College, KS	06/2-4/06	58
2609	Mike Corn	Las Vegas, NV	07/1-3/06	80
2608	Mike Corn	Harrisonburg, VA	07/23-25/06	84
2612	David Bellar	Myers University, OH	08/4-6/06	46
	David Honea	Watauga HS, NC	08/4-6/06	34
				1352

Developments in Level One: We have found that hosting Level I schools in concert with the annual Level II residential schools has been a very successful undertaking and we hope to continue that program

Since our last report, we have been able to put all testing for Level One on the USATF web page, which allows students to receive immediate feedback and scores from their culminating examination. In addition, through the help of the

national Office, we have been able to introduce online registration for all our schools as well.

Sadly, we have not been as successful in our efforts to introduce our Distance Learning DVD project, which will allow those coaches who are not able to attend a school in their area to take the course. Production issues and concerns about the quality of the project have slowed its introduction but we hope to have it ready soon. The project is long-overdue.

Level Two & Instructor Training Course

In 2006, we experimented with conducting two Level II programs during the summer. While the number of attendees was good, it was difficult to staff the schools and we are not sure if that project was worthwhile. A full cost-benefit analysis will be undertaken by the Executive at the Convention.

The first of our two 2006 USATF Coaching Education Program Level II Schools was held on July 1 – July 8 at UNLV in Las Vegas, NV. 185 participants went through the Level II program and we also held our annual Instructor Training Course at that time. 98 participants also went through Level III programs in Endurance, Sprints and Jumps in Las Vegas.

The second of our two 2006 USATF Coaching Education Program Level II Schools was held on July 21 – July 28 at James Madison University in Harrisonburg, VA. 164 participants went through the program in Virginia.

The 2007 Level II School is scheduled for Vanderbilt University in Nashville, TN on June 30 – July 9. In addition to the Level II School at Vanderbilt, we will hold our annual Instructor Training Course and Level III programs in all the event groups during that week in Nashville.

Level Three

In addition to the Level III programs held in Las Vegas, we have the following events scheduled for 2006:

Throws:	Dublin, OH	November 10-12
Throws:	San Antonio, TX	December 10 & 11
Jumps:	San Antonio, TX	December 10 & 11
Endurance:	Las Vegas, NV	December 14-16 (Podium Education Program)

Additional Projects

Coaching Education partnered once again in 2006 with our fellow sub-committees of the High Performance Division (Men's and Women's Development and Sports Science) in staffing and developing the program for the Emerging Elite Coaches camps held at the Olympic Training Center in Chula Vista. The hand-in-glove coordination of the project allowed us to introduce participants to basic principles of our programs and integrate them into our continuing education opportunities.

In addition, Coaches Ed has continued to be integrally included and involved in all HP activities to insure that we are both including the cutting-edge sports science elements in our curriculum and utilizing our US coaches who have 'cracked the code' and are willing to share their experiences with our school participants at Levels Two, Three and through the Podium Education program.

Respectfully submitted by:

Troy Engle
Chair

Women's Development

During 2006, the women's development committee continued to work with the High Performance Division in sponsoring a variety of clinics, podium education summits, and High Performance Centers at major competitions. With the mandate from the United States Olympic Committee to win more medals in major international competitions, our group works with Men's Development, Sports Science and Coaches Education to better train and inform our athletes and their coaches of new scientific breakthroughs.

Realistically, we are doing well internationally in the sprints and hurdles. Each winter, Dr. Ralph Mann and his team meet with our top coaches to review the data collected during the year. As Dr. Mann has worked with more athletes and gotten different results, he has made technical modifications in his reports and has worked with the elite coaches to achieve better performance standards. This clinic will now be opened up to emerging elite coaches to improve the knowledge of more coaches.

The Elite Relay Project is sponsored by the High Performance group and continues to train sprinters in the various relay strategies during the spring outdoor season. Many different sprinters and hurdlers are invited to participate in this program which leads to the final relay selections for the Olympic and World Championship relay squads.

The distance group is also working with Dr. Mann to learn more about how to reduce the amount of

time a runner spends in contact with the track. Less contact time over a long distance race will translate into faster race times. Our coordinators have also been meeting with various doctors from Baylor Medical Center in Dallas to learn about the latest developments in training, blood testing, and biomechanics of running form. Robert Vaughn will be leading a group to continue the research started by these doctors. Historically, the distance events are an area where we should be performing better.

The race-walk group had a winter training camp in Pharr, Texas for emerging elite walkers. This event's elite performers are reaching the end of their competitive careers and we must develop a better recruitment program for this event than is currently in place.

The heptathlon coaches met with the throwing coaches this year to improve their basic knowledge in the shot and javelin. They also participated in a combined events training education clinic in San Antonio in December. The level of women performers is back on the rise with more women over 6,000 points. A continuing area of concern is finding enough competitive opportunities. This year an international competition was held in Kansas with athletes from Germany and the USA. We are committed to finding more competitions for our senior and junior athletes as they master this event.

In the vertical field events, we have continued to focus on biomechanical analysis of our top jumpers. We really need to increase the depth in our high jump and pole vault groups since we have 1-2 elite performers and then there is a gap in performances. We are beginning to study the relationship of spatial/visual perception in that these events require precise takeoffs. The Pole Vault Summit held each January in Reno features hundreds of vaulters of all ages and abilities. There are competitions along with classroom sessions for coaches and athletes.

The long and triple jumpers have had some fantastic performances and then some not so good ones. We have some good young talent in these events, but are trying to get them in quality training programs. The training group at Chula Vista has had success under Coach Al Joyner. Mel Ramey has begun some force plate studies with the male and female horizontal jumpers to measure the amount of force an athlete uses at

take off and/or during the TJ phases. This study has just begun and will continue in 07.

The throwers had several quality clinics and competitive opportunities this year. They sponsored several meets where the athletes came in on a Thursday to throw a "qualifying" round on Friday with filming and analysis and then came back on Saturday to throw in the "finals." This type of competition mimics international qualifying rounds and is an area the USA women haven't mastered well in the past. Biomechanical analysis is done with the athletes and their sport scientists between qualifying and finals. The throwing coaches will have a winter summit in Las Vegas to study results from 06. The javelin group had a fall summit with elite speakers from Finland. Notes and films of this workshop will be available in early 07. Kim Kreiner set several new American Javelin Records during the season.

Many of the development projects are funded using both High Performance and Development monies. Development funds support athletes who have the "B" international standard and HP money support the "A" standard performers. Bimonthly conference calls are used to keep the planning and communications lines open and to update programs during the year.

Overall, the women's development committee is focusing on building up our "weaker" events, while maintaining strength in those events we traditionally do well in internationally. We are working from a science base in developing programs for our athletes and working with Coaches Education to build the knowledge base of our coaches.

Special thanks to Brooks Johnson, Larry James, Harmon Brown, Duffy Mahoney and Amanda Payne for their on-going leadership. However, the biggest THANKS goes to the Broad and Single Event coordinators for their long hours of volunteer work in making sure our athletes are prepared when they put on the USA uniform!

Sue Humphrey
Women's Development Chair

Sports Medicine and Sports Sciences

The committee's primary role is to provide world-class service to our USATF athletes. We provide hands-on medical care when indicated and also serve as a resource for information concerning the prevention, diagnosis and treatment of injuries and medical conditions relating to athletics. We continue to support the search for legal methods to enhance human performance. We provide team physicians, psychologists, athletic trainers, massage therapists and chiropractors for international teams. Our staff works year-round with Coaches Education in classes and workshops. We provide guidance to the local organizing committees of the U.S.A National Championships, the Olympic Trials and an array of international meets held in the U.S.

Medical Services Subcommittee:

We continue to screen and recommend the medical staff for all international teams.

Jack Ransome, Ph.D., is serving as the head trainer for personnel selection. He stores and replenishes our medical and athletic training supplies. He does an outstanding job in provisioning our trunks for shipment around the world.

We provided medical staff for the High Performance Centers at several meets this year including the National Championships in Indianapolis.

Scientific Services Subcommittee:

The biomechanics program has been very active under the directions of Harmon Brown and Mel Ramey, Ph.D. We coordinate USOC activities with our USATF High Performance Program. Coaches and athletes have benefited from immediate feedback in practice and competitions using information obtained from our Dartfish programs. Our biomechanist's provide state of the art information. Exercise physiologists David Martin Ph.D., and Robert Vaughan Ph.D., continue to conduct laboratory testing of our elite endurance athletes, heptathletes and several other athletes. We are helping to coordinate activities between our High Performance Committee and researchers at the Baylor Medical Center Dallas, Texas.

Sports Psychology Subcommittee:

This subcommittee is led by co-chairs Rick McGuire, Ph.D. and Ralph Vernacchia, Ph.D. Our psychologists continue an active program of services to athletes and coaches at all levels. They are also involved in all of the Junior Development Camps as well as 'summits' for elite athletes and serve as medical staff members on international trips.

Our psychologists conduct an active mentoring and training program for services with the committee and host a workshop for candidates at the national championships also providing counseling for individual athletes. Additionally, they are available through the year for telephone counseling of athletes and coaches on a broad range of sports and lifestyle issues. The psychologists also provide an annual series of sports psychology seminars at the national convention.

Substance Abuse Education Committee:

Dr Mark Troxler chairs this subcommittee. USATF's policy is "ZERO tolerance." Leadership is provided through the anti-doping committee of the USATF's Board of Directors. We expect our partnership with USADA and the USOC to continue to grow. Mark, Harmon and I were delegates at the IAAF Anti-Doping Symposium in Lausanne, Switzerland this past October 2006.

Major medical issues which our committee has addressed include: chronobiology (jet-lag), heat stress, altitude training, biomechanics, exercise physiology and coordination of care with athletes' personal medical professionals. We have completed written guidelines for eating disorders, trans-gender participation and post-partum activities.

We will direct special attention to helping athletes maintain motivation, fitness and training between the Olympic Trials and Olympics as well as between National and World Championships.

Respectfully submitted,

Bob Adams, D.O.