

# Iowa Association of Track Coaches

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Fall 2010 Newsletter  
IATC Website: [www.iatfcc.org](http://www.iatfcc.org)

## President's Message

Al Neppl IATC President

[al.neppl@ankenyschools.org](mailto:al.neppl@ankenyschools.org)

Greetings All,

The beginning of school always signifies the beginning of another cross country season. Many of you probably have student-athletes that have been working out on their own throughout the summer. I personally enjoyed running a cross country camp each summer and this was a great transition into the season. Each season the State Cross Country meet showcases some of the best talent in the Midwest. There are some outstanding young runners that have given Iowa publicity in terms of prep Cross Country and Track & Field.

Last spring many of you responded via email or fax to our request for input regarding IATC Coach of the Year recommendations and we also provided you the opportunity to reflect on the season. Your response was overwhelming and all of the input really made the process for selecting Coach of the Year awards more representative of our membership. Please take the time to get to know who the representatives are on the Joint Cross Country Advisory Committee and the Joint Track & Field Advisory Committee as they are the primary avenue for your recommendations and suggestions to be heard.

As a member of the Iowa Association of Track/Cross Country Coaches, we urge you to take advantage of some of the outstanding opportunities that your organization offers to your student-athletes and to you as a coach. Last spring we conducted an on-line survey and the good news was that many of you(75%) said that your athletes had participated in IATC sponsored events, while the not so good news was that a small number(25%) of you said that you have volunteered at an IATC sponsored event. This is an organization that is founded and sustained through volunteerism.

This fall in addition to your regular schedule of cross country meets mark your calendar for the Washburn Classic State-Wide Middle School Cross Country Meet and the Senior All-Star Cross Country Spotlight Meet. These events are organized, coordinated, and undertaken for the benefit of your student-athletes. These events also offer an excellent opportunity for you to expand your network of friends and coaches by volunteering at any of the IATC sponsored events.

Mike Dick, from the IGHS AU, wanted me to inform our membership that John Overton, will be taking over as the point of contact for both Girls Cross Country and Track & Field. Have a great fall and I hope to see many of you at a meet soon.

Take care and good luck,

Al Neppl, President IATC  
Ankeny Community Schools

[al.neppl@ankenyschools.org](mailto:al.neppl@ankenyschools.org) (w)  
[agccneppl@mchsi.com](mailto:agccneppl@mchsi.com) (h)

515-965-9620 (w)  
515-964-5662 (h)  
515-783-4767 (c)

## IATC Officer Contact Information

Contact information for all IATC officers and committee members, including e-mail addresses and phone numbers can be found on the IATC website [www.iatfcc.org](http://www.iatfcc.org). When you enter the website, click on the heading "Contact Us" at the top of the page to access this information. We encourage you to communicate any questions or concerns to us so that we might serve you more efficiently.

## First Vice President's Message

**Kirk Schmaltz, Ames**

[kschmaltz@ames.k12.ia.us](mailto:kschmaltz@ames.k12.ia.us)

It seems like we just finished school and another season has already started. One of my runners made the comment that it even smells like cross country season with warm mornings and the hot steamy afternoon practices. The beginning of school always signifies the beginning of another cross-country season. I had a challenging start to this season with all of the flooding and lack of drinking water. We all as cross country coaches have made the best of tough situations. It really signifies what all the runners and coaches do throughout the season. They always turn bad into good and hopelessness into hope. Character is always revealed in this sport that is so physically and mentally demanding at times. Last years cross country season and State Meet was yet another tremendous showcase for distance running in the state of Iowa. There is no doubt that we will have the same showing again this year. A reminder to cross-country coaches to take the on-line course before August 26, It has great information and is very user friendly. It can be found at both the [Iowa High School Athletic Association](#) and [IGHSAU - Iowa Girls High School Athletic Union](#) websites. Last spring many of you responded via email or fax to our request for input regarding IATC Coach of the Year recommendations, and we also provided you the opportunity to reflect on the season. Your response was overwhelming and all of the input really made the process for selecting Coach of the Year awards more representative of our membership. We will continue this process in some format whether it is through email attachments, fax, or possibly another upgrade to our website for on-line nominations/recommendations. Please take the time to get to know who the representatives are on the Joint Cross Country Advisory Committee and the Joint Track & Field Advisory Committee as they are the primary avenue for your recommendations and suggestions to be heard. As a member of the Iowa Association of Track/Cross Country Coaches, we urge you to take advantage of some of the outstanding opportunities that your organization offers to your student-athletes and to you as a coach. This fall in addition to your regular schedule of cross-country meets mark your calendar for the Washburn Classic State-Wide Middle School Cross Country Meet and the Senior All-Star Cross Country Spotlight Meet. These events are organized, coordinated, and undertaken for the benefit of your student-athletes. These events also offer an excellent opportunity for you to expand your network of friends and coaches by volunteering at any of the IATC sponsored event. Have a great fall and I hope to see many of you at a meet soon. Take care and good luck!

**Kirk Schmaltz, First Vice-President, IATC**

## Second Vice President's Message

**Marty Thomaе, Benton Community**

[mthomae@benton.k12.ia.us](mailto:mthomae@benton.k12.ia.us)

If you are a cross country coach how could you not be excited about the start of a new fall season. The first week has been very humid and hot but just like the challenges that we faced last week, our kids will continue to overcome even tougher challenges throughout the fall season. The Iowa High School Athletic Association has a very good series of information on hydration and heat related illness that you might want to check out on their website. On the left hand side, under the information section, click on the "Sports Medicine Wellness Information" tab and then click on the topic of "Heat and Hydration Information." Fall is also the time when we renew membership both schools and individuals for the IATC for the 2010-2011 school year. It is important that you read the information about "Why join the IATC?" later in this newsletter. The IATC provides many worthwhile opportunities for coaches and student athletes during the year and your support as members allows us to continue to carry out our many activities and awards to members of our organization. Please make that commitment to become a member of the IATC this fall. Best of luck to each and every one of you this fall!

Marty Thomaе, Second Vice-President IATC  
Benton Community High School

## Senior All-Star Cross Country Meet

**Dick Washburn**

The Senior All-Star Cross Country Meet will be held Saturday, November 6 at the Iowa State University National Championship Cross Country Course in Ames. Coaches and fans are welcome to nominate a Senior runner or runners by supplying the IATC with selection information.

The On-Line Nomination page is now Closed for the present time, but will soon open in late September. Until that time nominations may still be sent via e-mail. Send to: [wash@machlink.com](mailto:wash@machlink.com)

Only Senior Runners are allowed to compete in the All-Star Competition

Prior to the Senior Event an Open 5K race, on the same course, will be held for anyone wanting to compete and run the course. There will be a \$10 entry fee and a limited number of T-Shirts, Sweat-Shirts and other meet items will be for sale during the meet. All non-Senior athlete are welcome to compete in the Open 5K.

## Washburn Classic Junior High State-Wide Cross Country Meet

### Mary Madsen

The Washburn Classic Junior High State-Wide Cross Country Meet will be held Saturday, October 16, 2010 at Saydel High School. All information has been updated on the IATC website. We are always in need of help from the IATC membership especially in the finish chute area. This is a great event and a heads up for High School CC Coaches on what is coming into the sport in the near future. 4A schools run first followed by 3A and then 2A and 1A. Come help out to see the young runners in your classification compete. We will have Washburn Classic Apparel SUPPLIED BY Elite Sports and you may get some ideas for your teams' apparel for their trip to State. To say these designs and colors are eye catching is an understatement! If you are interested in helping out for a few hours, check out the information on our website and give me a call or e-mail. Thanks and have a great Cross Country season.

Mary Madsen

Washburn Classic Meet Coordinator  
641-891-2890

[runcoach@wildblue.net](mailto:runcoach@wildblue.net)

## Cross Country Results

### Bill Neal, Williamsburg

Coaches are encouraged to send meet results to the IATC once again this fall. We will post all meet results that include the team scores and up to the top 25 meet finishers. It is important that coaches send all of your meet results, as this is the only way that we have to know how teams and individuals are competing throughout the season. This in turn allows for more accurate Team and Individual Rankings. Team ranking is one of the tools used by the IGHS AU and IHSAA when determining District/Regional Meet assignments. Please send meet results to Bill Neal via e-mail or fax. E-mail results to: [bill.neal@mchsi.com](mailto:bill.neal@mchsi.com)  
Fax results to 319-668-2754.

## 25 Year Award Recipients

### Mitch Anderson, Mt. Pleasant

I continue to be the coordinator of this prestigious award. Please contact me to nominate yourself or a deserving colleague. You will find a nomination form available on the IATC website. Nominations must be received no later than April 1<sup>st</sup>, 2011 in order for the recipient to be recognized at the 2011 state track and field meet. Awards are presented during the Saturday session of the state track and field meet at Drake Stadium. The award is presented to coaches who have served as contracted high school or middle school track and/or cross country coaches for 25 years or more.

## IATC/IATO FALL 2010 Meeting

We would like to encourage all members to attend the fall 2010 IATC meeting on Sunday, November 7<sup>th</sup> in Ankeny, at Northeast Elementary. Committee meetings will begin at 9:00 A.M. with the general meeting beginning at 10:00 A.M. Voting for Coach of the Year Awards for cross country will take place at this meeting.

## Academic All-State

### Peggy Steva, Iowa City West

Academic All-State "Cross Country" forms can be found on the IATC website in the "Cross Country" section under the All-State heading. Please be aware of the following reminders when filling out these forms:

1. Athletes MUST achieve all three criteria.
2. Fill out the entire form, completely.
3. We will take late forms but the turn around time could be slower.

Thank you for your attention to the above details.

## IATC Clothing for Sale

IATC Clothing items are now available to be ordered from the IATC website. To do so just download an order form and send it to Bill Neal and the items will be shipped in a few days.

## IATC and IATO Banquet

### Dan Davis, Urbandale

This year's IATC and IATO banquet will begin promptly at 12:30 P.M. on Saturday, December 11<sup>th</sup> at the Gateway Hotel in Ames. This will be 15 minutes after the conclusion of the clinic. The cost of the banquet is yet to be determined. Information will be posted on the website as soon as it is available. We will continue to offer two free tickets to our Hall of Fame inductees and one free ticket to our coaches receiving a Coach of the Year Award.

## Junior High CC Coach of the Year Junior High Track Coach of the Year

### Deb Anderson, Gilbert

Please send any nominations to Deb Anderson at Gilbert. Please include with your nomination the following criteria. Note that there are two separate awards – one for cross country and one for track and field. The following criteria is used when choosing the Junior High Coaches of the Year:

- Longevity will be taken into consideration
- Strongly promotes their sport at their level
- Must STILL be ACTIVELY coaching at a member school
- Should be either a career junior high cross country or track and field coach (may be a varsity coach in another sport)

## **Joint Cross Country Advisory Committee Meeting**

### **Marty Thoma, Benton Community**

Please contact myself or any of the other members of the committee regarding any issues or concerns related to the cross country or the 2010 cross country season. We will be meeting the first week of December this year following the state meet.

## **Cross Country Course Records**

### **Bill Neal, Williamsburg**

The IATC is collecting the high school cross country course records for every course and meet throughout the state. We believe that by listing the course records the IATC can promote the sport of cross country to a higher level throughout the state. We can help by creating a new excitement for the runner, coach, and fan by knowing who holds the course record for each cross country course. In return a means by which each runner could be motivated to break that course record. Please check the IATC website to see if your course record is listed. If not please send your meet name, record holders name, times, and course records to Bill Neal [bill.neal@mchsi.com](mailto:bill.neal@mchsi.com).

## **Join the Iowa Association of Track Coaches**

### **Bill Neal, Williamsburg**

[bill.neal@mchsi.com](mailto:bill.neal@mchsi.com)

We would like to invite you and your school to become a member of the Iowa Association of Track Coaches (IATC). For the past several years, we have had over 300 individuals and schools join the IATC. We encourage you to take advantage of the many benefits the IATC has to offer for cross country and track and field coaches. Through your membership, we can continue to support the track and field/cross country coaches and athletes of Iowa.

This year we are attempting to eliminate membership mailings to member schools. You may join the IATC by either going to the IATC website and printing out the membership form and sending it in or later in September you may go online and register through the IATC website. It is our hope to make joining the IATC much easier for member schools. If you have any questions regarding membership, please contact Bill Neal at 319-530-9703, or by e-mail [bill.neal@mchsi.com](mailto:bill.neal@mchsi.com). A complete and up to date listing of member schools may be found under membership on the IATC website.

## IOWA ASSOCIATION OF TRACK COACHES



**Dedicated to the support and promotion of Track & Field and Cross Country  
The IATC is here for you. Join us and make a difference.**

### Why be a member of the Iowa Association of Track Coaches?

- \*Membership in the IATC provides support and services to the coaches and athletes in the sports of Track & Field and Cross Country that wouldn't otherwise be available.
- \*Membership means promoting the sports of Track & Field and Cross Country on a local, state, regional and national level.
- \*Membership means a voice in the decision making process that determines the directions our sports take in the years to come.
- \*Membership means Track & Field and Cross Country Newsletter.
- \*Membership means Track & Field and Cross Country All-State Team Awards.
- \*Membership means Track & Field and Cross Country Academic All-State Teams.
- \*Membership means Track & Field and Cross Country Coaches of the Year Awards.
- \*Membership means Track & Field and Cross Country 25 Year Coaching Awards.
- \*Membership means Track & Field and Cross Country Hall of Fame Awards.
- \*Membership means Track & Field and Cross Country Hall of Fame Banquet.
- \*Membership means Track & Field and Cross Country representation on the State Advisory Committees.
- \*Membership means Track & Field Interstate Senior All-Star Meet.
- \*Membership means Cross Country Senior All-Star Meet.
- \*Membership means a Track & Field and Cross Country website (<http://www.iatfcc.org>)
- \*Membership means Track & Field and Cross Country more to you, THE COACH.



IOWA ASSOCIATION of TRACK COACHES

# IATC

## Membership Form 2010-2011

Print this page mail it to Bill Neal.

*Send To:*

Bill Neal  
 P.O. Box 509  
 Williamsburg, Iowa 52361  
 Phone: 319-530-9703  
 E-mail: bill.neal@mchsi.com

**Membership:**

Individual Membership - \$15.00  
 1A Staff Membership - \$30.00  
 2A, 3A & 4A Staff Membership - \$40.00  
 College Staff Membership - \$40.00

**\*Note:** Be sure to include the first and last names of all staff members and individuals that you wish to receive a membership card. Use the back of this page if needed.

**Sender's Name:** \_\_\_\_\_

**School Mailing Address:** \_\_\_\_\_

**School:** \_\_\_\_\_

\_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

\_\_\_\_\_

Schools Classification: (circle one)

**1A      2A      3A      4A      College/University**

Please list the T&F and CC Coach(s) in your School System:

New Coach(s): \_\_\_\_\_

**Veteran Coach(s):**

Sample: \_\_\_\_\_ Bill Neal \_\_\_\_\_ Years Coaching: T&F 5 CC 7

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

Name: \_\_\_\_\_ Years Coaching: T&F \_\_\_\_\_ CC \_\_\_\_\_

**Iowa Association of Track & Cross Country Coaches**  
**Hall of Fame Committee**

**August 8, 2010**

The 2010 Hall of Fame Inductees were selected at the 2010 Spring Meeting.

They are: Athletes:        Ron Davis - Perry High School  
                                      Tim Dwight – Iowa City City High School  
                                      Brett Carney – Ames High School

Laverne Kloster Service Award: Tim Thomas – Holstein, IA

These four gentlemen will be inducted at the IATC Hall of Fame Banquet to be held in Ames on Saturday December 11<sup>th</sup> at 12:30 P. M.

We are still looking for candidates for our Hall of Fame. If you have a nominee please fill out the form found on the IATC Website.

Inductees for the 2011 Hall of Fame will be made at the Spring Meeting .

Sincerely,

*Tim Thomas*

IATC Hall of Fame Committee Chairman

**Hall of Fame Committee Members**

**Tim Thomas (Chairman)**  
Holstein, Iowa

**Jim DeJong**  
Sheldon, Iowa

**John Raffensperger**  
Iowa City, Iowa

**Tony Bussan**  
Webster City, Iowa

**Bruce Henderson**  
Atlantic, Iowa

**Robert Davidshofer**  
Cascade, Iowa

**Mike Jay**  
Columbus, Iowa