

Iowa Association of Track Coaches



Fall 2011 Newsletter
IATC Website: www.iatfcc.org

President's Message

Al Nepl IATC President

al.nepl@ankenyschools.org

We have again reached that exciting time when fall practice begins for Cross Country and school begins. Recently we have had reprieve from the tremendously hot temperatures of July and early August and for those of you who coach Cross Country hopefully you have been able to take advantage of this. As I begin my final months as your IATC president I want to wish you all the best as you work to make a positive difference in the lives of those you contact as a coach, official, educator and in your daily life. I hope this summer has provided you with the time to reflect on last year and to regroup for another exciting season.

This fall the IATC will once again host the Washburn Middle School CC Meet and Senior All Star CC Meet and we encourage the involvement of both you and your teams. It is also a key year as we will elect a new second vice president in December when my term ends. This selection is of critical importance as this individual makes a commitment to serve the IATC for two years in that role, 2 years as vice president and then serves a two-year term as our president. Thus this person can have a huge impact on our organization and on opportunities for kids, officials and coaches. We will accept nominations at the fall statewide meeting in Ames in November and the final vote will occur both online and at the coach's clinic in Ames where the vote will conclude and the new second vice president will be named at the Coach of the Year/ Hall of Fame Banquet. Please participate in this process and if you are considering seeking the second vice president position don't hesitate to contact me.

This past spring I had the opportunity to hear from many of you regarding the qualifying systems for boys and girls track. At times many emotions were shared and I think your IATC did a fine job of listening

to your thoughts and suggestions. If you are not aware recently the board of control for the IHSAA and the IGHSAU both adopted the girls "old system" of qualifying for the next track season. I think this demonstrates that if we work collaboratively and offer suggestions to the Advisory Committees both the leadership and representation associated with the IHSAA and IGHSAU are responsive to coaches, and school leaders.

As we near the end of my time as IATC president I would like to thank the rest of the IATC officers and committee chairs as this organization would not function without their tireless efforts on behalf of our student athletes. I also want to thank David Anderson from the IHSAA, and both John Overton and Mike Dick from IGHSAU. Without their cooperation and support we would not be able to provide some of the great events for young athletes. You have all made a difference to so many through your efforts.

Respectfully,
Al Nepl, IATC President

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. 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

Warning! Heat indexes of over 110 degrees!

Proceed with Extreme Caution! I'm certainly glad we don't have all of that to deal with this year! We seem to have caught the break where weather is concerned...or at least so far! I'm not sure I can remember a cooler beginning to practice. Nice crisp morning practices and afternoon workouts that don't require frequent water breaks and popsicles for my team! I was impressed by the runners across the state who endured the heat and humidity during June and July to prepare themselves for the upcoming season. Even though Iowa's population is small compared to other states, we always have great student-athlete participation. It is always exciting to see the participation of our dedicated athletes and coaches in the fall as they begin their seasons. I know many of you share the same enthusiasm for the sport that I do. I always get motivated for a new season when August 1st rolls around and team members start calling about practice.

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 rules meeting before August 25. I just completed it myself and I want to thank the boys and girls unions for how user-friendly the process was. 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 be using the same online format, so check our website for details.

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 events.

Lastly, be sure to continue to promote our sport by sending meet results not only to your local paper, but also to Bill Neal. Bill will be posting meet results at our website and this is a great way to see how other teams are doing around the state.

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
Ames High School**

Second Vice President's Message

Marty Thomae, Benton Community

mthomae@benton.k12.ia.us

What a difference a year makes! The weather has allowed everyone to have a great start to their fall training and this should lead to some great race efforts later in the season. I am looking forward to seeing everyone again at meets this fall and watching the kids as they improve throughout the course of the season. This year is the first year that the "Concussion in High School Sports" form was required by the state. Trying to explain the importance of this form to cross country runners, who participate in a non-contact sport, when practice began on August 8th, brought some comic relief to that first day of practice.

Remember now is the time when we renew membership, both schools and individuals, to the IATC for the 2011-2012 school year. It is important that you read the information on page 5, entitled, "Why join the IATC?" provided by Bill Neal, IATC Treasurer. The IATC provides many worthwhile opportunities for coaches and student-athletes during the year and your support as members allows us to continue our various activities for your student-athletes and awards to coaching members of our organization. Every year when we vote for the Coach of the Year Awards at our spring and fall meetings there have been instances where individuals or schools are not IATC members, not being a member eliminates them from receiving a well deserved award. Don't let this be you or someone from your school district. Please make that commitment to become a member of the IATC this year! Your support is greatly appreciated by everyone in the organization!

Best of luck to everybody as you begin your fall activities!

**Marty Thomae, Second Vice-President IATC
Benton Community High School**

Washburn Classic Junior High State-Wide Cross Country Meet

Mary Madsen, Melbourne

The Washburn Classic State-Wide Junior High Girls and Boys Cross Country Meet will take place this year on Saturday, October 15 at Saydel High School. We always need members to help out especially at the finish chute area. If you can spend a few hours at the meet to help out, check out the time table in the Washburn Classic information letter on the website to see when your Junior High teams will be running and come cheer and support them. If you can help send me an email at runcoach@wildblue.net This is a great meet and opportunity to see the Junior High Athletes' potential at its best.

Mary Madsen
Washburn Classic Meet Coordinator
641-891-2890

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 IGHSAA 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
Fax results to 319-668-2754.

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.

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 1st, 2012 in order for the recipient to be recognized at the 2012 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 2011 Meeting

We would like to encourage all members to attend the fall 2011 IATC meeting on Sunday, November 6th in Ames, at Ames High School. Committee meetings will begin at 9:00 A.M. with the general meeting beginning at 9:30 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

The IATC/IATO Hall of Fame Banquet will again be held at the Gateway Hotel in Ames on the Saturday of the Championship Books Clinic which is Saturday, December 10th, 2011. The banquet will begin at 12:30 P.M. Hall of Fame inductees, Officials of the Year, and Coaches of the Year will all be recognized at this banquet. Registration forms will be available on the IATC website later this Fall. 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 an IATC 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 2011 cross country season. We will be meeting the first week of December this year following the state meet.

Join the Iowa Association of Track Coaches

Bill Neal, Williamsburg

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.

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. A complete and up to date listing of member schools may be found under membership on the IATC website.

Track and Field Academy February 17-18, 2012 Southeast Polk High School

Southeast Polk will be hosting a track and field technical certification course on February 17-18, 2012 at their high school located in Pleasant Hill, Iowa. The TFTC is a 15 hour course in the coaching of track and field. Certification by the USTFCCA is granted for successful completion of the course and evaluation. The curriculum covers key aspects of technical coaching. Topics included in the course are workout planning, administration of training, techniques, and teaching progressions for all commonly contested Track and Field events.

DATES and TIMES

5:30 P.M. – 8:40 P.M. Friday, February 17

8:00 A.M. – 8:00 P.M. – Saturday, February 18

SITE

Southeast Polk High School, Multi-Purpose Room (S140),
7945 NE University Avenue, Pleasant Hill, Iowa 50327

COST

Cost for the course is \$135 when registered at least 10 days prior. Late or on-site registration is \$155.

REGISTRATION

Register online at www.ustfcca.org

CONTACT INFORMATION

Mike Corn at mike@ustfcca.org or (504) 599-8903

IOWA ASSOCIATION OF TRACK COACHES

WHY JOIN THE IATC?



**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 Cross Country and Distance Running Clinic.
- *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 2011-2012

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 _____

IATC Hall of Fame
Tim Thomas Chairman

The IATC Hall of Fame committee is always looking for deserving candidates for consideration to the Hall of Fame. We make our selections at the Spring Meeting of the IATC Executive Committee meeting.

Candidates are up for consideration for a five year period at which time they must be re-nominated if they are not selected.

The 2011 inductees are: Coaches: Richard Seivert from LeMars Gehlen Catholic, George Bresnahan University of Iowa; Athlete: Doug Smith Sioux City Central and LaVerne Kloster Service Award: Bill Neal from Williamsburg.

I have included the guidelines for selection in this newsletter. Applications can be downloaded from our website and submitted to Tim Thomas, IATC Chairman.

IATC Hall of Fame Guidelines

I. Criteria for nomination and selection to IATC Hall of Fame.

- A. Coach:**
- Must have coached a minimum of 20 years at any level.
 - Must have had outstanding success at the local level and success at the state level of competition and beyond.
 - Must have received the respect of his/her peers in coaching, shown leadership and character.
 - Must receive 2/3 vote of the Executive Committee membership present for the final selection.

- B. Athlete:**
- Must have performed in an exemplary manner in Iowa High School competition at the local level, state meet and/or the Drake Relays.
 - Must have demonstrated outstanding talents above that of the excellent high school athlete.
 - May have performed in a manner to have achieved recognition of talent which did or would make the athlete competitive at a regional or national level.
 - Must have completed their high school career at least 5 years prior to being nominated.
 - Must receive 2/3 vote of the Executive Committee membership present for the final selection.

LaVerne Kloster Service Award:

- Must have contributed to the sport of Track and Field in Iowa in some significant manner which is recognized by the Executive Committee as a supporter or contributor to the betterment of Track & Field in Iowa.
- Must receive 2/3 vote of the Executive Committee membership present for the final selection.

Other items to be considered in selecting people for the Hall of Fame.

- A. A maximum of 4 candidates may be selected per year.
- B. No more than one Service Award per year.
- C. Final selection will be made at the spring meeting of the IATC Executive Committee.
- D. Committee.
- E. If a nominee is on the list for 5 consecutive years without becoming an inductee the name is dropped and it must be resubmitted. The person who submitted the nominee will be notified.
- F. A nominee's name may be submitted by completion of the form found on the IATC website.