

Iowa Association of Track Coaches



Fall 2015 Newsletter

IATC Website: www.iatfcc.org

President's Message

Marty Thoma, Benton Community

mthomae@benton.k12.ia.us

We have reached that exciting time of the year when fall practice starts for Cross Country and close behind will be the start of the new school year. It has been a great summer weather-wise and I am sure that many of your student-athletes have been working out on their own preparing for the upcoming season. As I begin my final months as IATC President I want to wish all of you the best of luck as you work to make a positive impact on everyone that your work with throughout the school year in your respective sports.

There are several changes this fall in regards to cross country. The 2015 fall season will see exciting changes for female and male athletes who run Cross Country in the state of Iowa. The distance run by girls has changed from 4000 meters to 5000 meters. With this change there is also a new change in regards to sub-varsity races for both genders.

Here is the policy: For the first four weeks of competition, sub-varsity races may be shortened to 4000 meters; however, a common finish line is required for all sub-varsity and varsity races. Starting the Monday of the fifth week of competition all competitors must run 5000 meters.

Again, this policy gives host schools the option of running a shorter race at the sub-varsity level; it is not mandatory. The policy allowing meet managers to shorten races in case of inclement weather has not changed. A third change is in regards to individual qualifiers to the state meet. They have

increased the number of individual qualifiers from the top 10 to the top 15 at the state qualifying meet.

This fall we will have coaches send meet results to Greg Blank at jaxcresults@gmail.com to post on the IATC website. Greg will be taking over this important task from Bill Neal. I want to thank Bill for his work in this capacity the past few years. Please remember to do this as the Cross Country Team and Individual Ranking Committees take a very close look at these meet results when they make their weekly rankings. Last fall we had our best year ever of posting meet results for everyone to see. Thank you for your efforts and please continue this important work for the IATC.

The IATC is once again looking to increase the number of coaches who become involved in our organization. One way to do this is to attend our semi-annual joint meetings of the IATC/IATO. The date for our next meeting is Sunday, November 8th, 2015, beginning at 9:30 A.M. at Ames High School. We had great attendance at our meeting this past spring. We encourage all active head and assistant coaches and retired coaches to attend this meeting. At this meeting we will conduct old and new business that are pertinent to the running of the IATC, and also vote for boys' and girls' Cross Country State and Regional Coaches of the Year. Before this meeting, we will seek input from you on how the season went, how your state qualifying meet went, nominations for state and regional Cross Country Coaches of the Year, and any feedback you have on the State Cross Country Meet. I will personally collect the e-mails and faxes and group the comments into common themes. We then pass this information on at the fall meeting to the members in attendance. The information will also

be shared with the members of the joint cross country advisory committee.

I also want to take this time to remind everyone that becoming a member of the IATC is important and the start of a new school year is the best time to take care of this item of business. When we vote for Coach of the Year Awards at our fall meeting, your school needs to be an IATC member in order for your coach to be considered for an award. There have been several deserving coaches in the past who have not received an award because their school was not a current member of the IATC. This makes it harder for the people who attend the meetings and vote for the awards to do their job to the best of their ability, when a deserving coach is not eligible to receive that award.

The IATC will be hosting two events for our student-athletes this fall. The first event will be the Dick Washburn State-Wide Middle School Cross Country Classic Meet. The meet will be hosted by Ankeny Centennial again this year. They did a great job last year hosting the meet for the first time and we look forward to working with Eric Cogdill and the Ankeny Centennial Cross Country coaching staff again. The date for the meet is Saturday, October 17th, 2015. The second event is the IATC Senior All-Star Cross Country Meet which will be held on Saturday, November 7th, 2015 at DMACC in Ankeny. Please check the IATC website for further updates about these two great events.

As I near the end of my time as IATC President I want to take this time to thank the rest of the IATC officers and committee chairs for their support in making our organization function in the positive manner that it does. I have been extremely fortunate to work with a great group of individuals who truly care a great deal about cross country and track and field. The hard work that everyone puts in makes a great difference in the services we are able to provide our student-athletes and coaches. We have had several changes the past two years and will be experiencing several more changes by the end of this year as well, within the organization. I also want to thank Jared Chizek and David Anderson (retired) from the IAHSAA and John Overton and Mike Dick from the IGHSAA for their continued support and willingness to work with our organization. They help provide many of the great events that our young athletes are able to experience

each year. Finally, I want to thank my wife Jan for allowing me to take the past six years to serve as a member of the executive committee of the IATC and spend time giving back to the sports that I love. I want to say thank you to all who have offered their support and kind words the past two years. Have a great fall and an even better school year.

..... *Marty*

Marty Thomae, President
319-560-5518 (c)

First Vice President's Message

Steve Roth, Washington Demons
stroth@washington.k12.ia.us

Welcome back!

It has been a short summer but as we get older, time really flies by. I have a couple things that I would like to stress. First, get involved in IATC! We have so many great opportunities for everyone! Second, join the IATO and get involved in all of the stuff they have to offer. You can umpire all winter and learn so many things. I'd like to thank Bill Neal and Dick Washburn for all they have done for the IATC as they are stepping down from some of their responsibilities. Lastly, great job Marty for all you have done in the last two years, enjoy your retirement! See you at the winter meeting. Take care!

..... *Steve*

Steve Roth, First Vice President

Second Vice President's Message

Mike Jay, Columbus Junction
Mikejay59@gmail.com

The summer is about over and fall is fast approaching. That must mean that Cross Country team members are getting in some pre-season miles, coaches are studying their rosters and trying to decide who will be in their top 7 at that first meet. It is both an anxious and exciting time for all. The summer has been a busy one. Many of our Iowa kids participated in road races, AAU and Junior Olympic events, IATC events, as well as playing softball and baseball and attending various camps and fairs. Many will be excited when school starts so they can get a break!

I thank you for what you do for the youth of our great state! Keep up the good work and hope to see you in Fort Dodge.

..... *Mike*

Mike Jay, Second Vice President

New Cross Country Meet Results Coordinator:

Attention to all High School Cross Country coaches. This year you will be sending your cross country results to Greg Blank, our new cross country coordinator, at this new email address: iaxcresults@gmail.com

We would ask that you send them after each cross country meet that you compete in regardless if the meet was at home or away. Our attempt is to get every meet result held in the fall of 2016. These meet results help in ranking both team and individual rankings for cross country.

Looking for a Meet? Need Teams?

Send your meet information to the web-editor and have your meet placed in the "Looking for Meets" section. Be sure to periodically check for meets you might be looking to enter.

IATC Hall of Fame

The IATC Hall of Fame committee is always looking for deserving candidates for consideration to their Hall of Fame.

We make our selections at the IATC Spring Meeting and induct the honorees at our annual December banquet.

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

The inductees at our 2015 Hall of Fame banquet will be:

Coach: Gary Roberson, Bettendorf.

Athletes: Chuck Locke, Bloomfield Davis County, Dick Eisenlauer, Des Moines East

Service Award: Mike Mahon, Drake University

Your Hall of Fame contact is:

Mike Jay, Chairman, IATC Hall of Fame Committee

Mikejay59@gmail.com

For more information on Hall of Fame guidelines and a nomination form go to our website: http://www.iatfcc.org/index.php?option=com_content&task=view&id=78&Itemid=7

Hall of Fame Banquet

The Hall of Fame banquet will be held at the Gateway Hotel and Conference Center in Ames on Saturday, December 5 starting at 12:30 PM.

Coach of the Year and Officials of the Year will be honored at the banquet, also. Ticket prices are \$24 for adults and \$13 for children.(after Nov. 30th ticket prices go up to \$30). Hall of Fame inductees receive 2 free tickets and Coach of the Year/Officials of the Year get one reduced price ticket of \$12.

Dan Davis
Hall of Fame Banquet

IATC 2nd Vice President Election

2015 will bring a new member to the IATC Executive Team. Nominations for the 2nd VP position will take place at the 2016 IATC Fall Meeting in Ames with the election to take place just prior to and during the 2016 Iowa Track Coaches Clinic in December.

Those looking to run for the office are encouraged to have your name placed into nomination by a fellow coach or contact a fellow coach and talk to them about running for office.

The 2nd VP begins the six (6) year commitment that includes two (2) years as 2nd VP, two (2) years as the 1st VP and culminating in two (2) years as the IATC President.

The Second Vice President:

- 1 - Shall preside at any IATC function in the absence or inability of the President or First Vice President to fulfill those duties.
- 2 - Shall assist the President and First Vice President in all the prescribed duties.
- 3 - Shall be responsible for the biannual publication of the IATC newsletter.

The Second Vice President Election Info:

- 1 - The Second Vice President shall be selected by ballot of the membership at the Iowa Track Coaches Clinic, in the fall of the election year, or by mail, or by e-mail ballot of its membership postmarked by and/or received four (4) days prior

to the Iowa Track Coaches Clinic of the election year, and shall assume the duties and responsibilities of the office following the Hall of Fame Banquet of said year.

2 - Nominations for the position of Second Vice President will be made prior to and before the closing of the November (Fall) Executive Committee meeting. Names placed in nomination will be from IATC members and having attended IATC Spring and Fall meeting for a minimum of two years.

Washburn Classic Middle School/Junior High Meet

Eric Cogdill, Ankeny Centennial
Eric.Cogdill@ankenyschools.org

What: Twentieth Annual Washburn Classic State JH Cross Country Meet

When: Saturday, October 18, 2014

Where: Ankeny Centennial H. S. Cross Country Course (new site)

Details: Go to the IATC website (www.iatfcc.org) and read about the meets growth through the increased participation over the years. From the first 50 young runners in 1994 to over 900 runners in the 2013 meet. The meet continues to offer young runners an opportunity to compete against the best runners from around the state.

Athletes/Coaches: Can enter your team or enter as individuals anytime after Sept. 8th, 2014. Be sure to let your coaches know about the meet.

Senior All-Star Cross Country Meet

Dick Washburn, Muscatine
wash@machlink.com

The 2014 Senior All-Star Cross Country Meet will be held Saturday, November 8th on the DMACC Campus in Ankeny.

Please go to the IATC Website for Meet information and how to nominate a senior athlete for the All-Star Meet.

The Next Level Iowa

Be sure to check-out The Next Level Iowa. <http://www.nextleveliowa.com/> Mike and Jim Kirby have been continually up-dating and adding info with volumes of information concerning our past Iowa preps as they continue their CC and T&F careers at the college level and beyond.

Middle School/Jr. High Coaches of the Year for Cross Country

Each Fall the IATC recognizes outstanding Middle School/Jr. High coaches for Cross Country. Please keep a look out for those outstanding Middle School/Jr. High coaches to nominate for MS coach of the year who have longevity, never been a varsity CC coach, are dedicated to the kids and the sport of CC AND are IATC members. Nominations can be sent Deb Anderson, MS COY Chairperson. msaxc@aol.com

IATC Pentathlon:

IATC Pentathlon 2016 will be held at Central College on Monday, May 23, 2016. The Pentathlon is a one day event contested in a two division format.(Junior High/Senior High) The new coordinator for the IATC Pentathlon will be Eric Pingel. More information will be soon posted on the IATC website.

Nike Cross Country Regional's

Meet Date and Location for 2015 will be posted on the IATC Website in the near future.

IATC/IATO Fall 2015 Meeting

We encourage all members to attend the Fall 2014 IATC meeting on Sunday, November 8th, in Ames, at Ames High School. The general meeting will beginning at 9:30 A.M. Voting for Coach of the Year Awards for Cross Country will take place at this meeting.

Join the IATC

Bill Neal, Williamsburg
bneal8888@gmail.com

Coaches:

We 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

<http://www.iatfcc.org/inv/membershipform.php> or printing out the membership form and sending it in <http://www.iatfcc.org/images/stories/Membership/ia>

[tcme mform.pdf](#) 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 bneal8888@gmail.com. A complete and up to date listing of member schools may be found under membership on the IATC website.

DIII National Track & Field Meets to be held in Iowa in 2016

Track fans in the State of Iowa can enjoy two National Championships in Track & Field in 2016. So save the date for March 11 & 12, 2016 as the D3 National Indoor Track & Field meet will be held at Grinnell College. In addition, on May 26-May 28,

2016 the D3 National Outdoor Track & Field meet will be held at Wartburg College. Two great meets in the State of Iowa.

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.

Track Awards Spring 2015	
Girls	Boys
1A	1A
State	State
Keith Harms - Hudson	Casey Baxa - Lisbon
At Large	At Large
Bob Mudd - North Linn	Brad Elliott - Mount Ayr
Josh Roudabush - Pekin	Chad Moseman - Lawton Bronson
Brett Welsch - Nodaway Valley	Gabe Bakker - Pleasantville
Kendall Rachuy - Sioux Central	Davis Eidahl - Pekin
Theresa Penick - BCLUW	Wendell Larson - Alta-Aurelia
2A	2A
State	State
Angie Cook - Clayton Ridge	Corey Lamm - West Burlington/Notre Dame
At Large	At Large
Pat Healy - Northeast Gooselake	Brock Lehman - Sioux Center
Tom Muller - Osage	Greg Williams - Monticello
Kadrian Hardersen - Sioux Center	Mark Wehde - Tipton
Maggie Willems - Mt. Vernon	Ryan Whitman - Mount Vernon
Phil Baldus - Saint Ansgar	Jarrold Schott/Karl Bahrke - KP-WC
3A	3A
State	State
Tim O'Neill - Davenport Assumption	Amy Marshall - Center Point-Urbana
At Large	At Large
Dave Hutchcroft - Mt. Pleasant	Mitch Anderson - Mount Pleasant
Dana Hogan - Decorah	Gregg Wellman - Algona
Scott Kiesel - Boone	Jared Fletcher - Carlisle
Brad Rasmussen - Glenwood	Brent Van Hauen - Pella
Dak Rasmussen - Pella	Mark Sovers - Solon
4A	4A
State	State
Jane Wheeler/Kenny Wheeler - PV	Brent Heitland - Waukee
At Large	At Large
Randy Hutchison - Urbandale	Ben Duea - Ames
Bill Calloway - Cedar Rapids Jefferson	Dirk Homewood - Cedar Falls
Nathan Hopp - Linn-Mar	Tim TeBrink - Urbandale
Mike Parker - Iowa City West	Brian Martz - Iowa City West
Jesse Hunt - Waukee	Norm Anderson - Dubuque Hempstead

Assistant Girls

Courtney Mottet - Urbandale

Assistant Boys

Bill Rex - Pekin

JR High Girls

Brent Petersen - Waukee

JR High Boys

Ron Anderson - Burlington

IATC/IATO Fall Calendar of Events 2015

Date(s)	Event Location
Saturday 10/17	Washburn Cross Country Classic, Ankeny/Middle School
Saturday 10/31	State High School Cross Country Meet, Kennedy Park/Fort Dodge
Saturday 11/7	Senior All-Star Cross Country Meet, DMACC/Ankeny
Saturday 11/7	Open Race prior to the Senior All-Star Cross Country Meet, DMACC/Ankeny
Sunday 11/8	IATC/IATO Fall Meeting Ames HS/Ames
Fri.–Sat 12/4&5	Iowa Track and Field Coaches Clinic/Ames
Saturday 12/5	IATC/IATO Hall of Fame Banquet/Ames

IOWA ASSOCIATION OF TRACK COACHES

Dedicated to the support and the 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.**