

# Iowa Association of Track Coaches

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## Spring 2015 Newsletter

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

### President's Message

**Marty Thomaе, Benton Community**

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

As I am sitting down to write this article I am looking at a track that is completely free of snow on January 31<sup>st</sup> and waiting for the 4 to 8 inches of snow that will once again cover it by tomorrow afternoon. That is typical of what we can expect in Iowa for weather but hopefully this mostly mild winter will turn into a mostly mild spring track and field season. After the weather we have had the past couple of years we all deserve a break and I am sure that our athletes are excited to get started working for a successful spring 2015 track and field season.

The past year has flown by very quickly and we have seen many positive changes to the IATC which only happened due to the hard work of many dedicated individuals who volunteered their time to make sure we could host our Middle School State Meets and Senior All-Star Meets for our high school and middle school athletes. We have experienced many changes to how we operate from locations to the people in charge. This year will continue to see several changes from where we host events to who is in charge of critical areas for the IATC. I would like to express my thanks to everyone who contributed to the success of these events during the past year.

There are several changes in store for the IATC in the next year. One of these changes is the Web-Site Editor. Dick Washburn has dedicated many years to this position and has expressed to us that he will be working with the new editor until the new editor begins this important role. If you ideas or suggestions for the new editor please contact Dick Washburn and he can share with you how the website functions and answer any questions.

At the end of 2015 Bill Neal is also going to step away from his duties as Treasurer after twenty plus years of

service. We are looking for someone to be Director of Apparel to sell apparel at four IATC sponsored meets each year. These meets include the IATC Senior All-Star Cross Country Meet and IATC Senior Spotlight All-Star Track and Field Meet and the middle school Dick Washburn Cross Country Meet and Mike Henderson Track and Field Meets. This position is an important revenue function of the IATC and we would be paying a stipend to any person who would be interested in this role. Please contact Bill Neal if you have any questions.

Every two years we elect a new Second Vice-President and at the December 2015 Track and Field Clinic/IATC Hall of Fame Banquet in Ames we will be voting on a this important position. If you are an active coach in the IATC and are interested in becoming an officer in the IATC please contact one of the members of the executive committee and we will discuss with you the role of this position. It is a six year time commitment but I can tell you that the past five years have gone by very quickly for me and it has been a very rewarding experience.

Every year the IATC provides many opportunities for you as a track and field or cross country coach to become involved in our organization. I would like to extend an invitation to you to become more involved by volunteering at one of the many events that we host each year. The first one of these events that we will be hosting is the Mike Henderson Junior High Boys' and Girls' State Track and Field Meets. This year the boys' meet will be at Ames High School and the girls' meet will be at Waukee High School. The meet date is Saturday, May 9<sup>th</sup>, 2015. A second event that the IATC hosts is the State Pentathlon at Washington High School on Tuesday, May 26<sup>th</sup>, 2015. The final event that we host is the Senior All-Star Spotlight Track and Field Meet in Dubuque, Iowa, at the University of Dubuque on Friday and Saturday June 12<sup>th</sup> and 13<sup>th</sup>, 2015. If you are interested in helping out at one of these meets please contact me at my e-mail address or cell phone number

and I will add your name to the volunteer list. Your help in running these events is crucial to their success, and we welcome anyone who is willing to give of their time. If you are a head track and field coach please let your middle school coaches know about the Mike Henderson State Meets and encourage your athletes to attend and participate.

Once again, we will be hosting a hospitality room at the Drake Relays. The room will be on the upper level of the Field House. The dates this year are Friday, April 24<sup>th</sup> and Saturday, April 25<sup>th</sup>. Please stop by and share some pizza, pop, and conversations with fellow coaches. The room will be open from 11:30 A.M. until 1:00 P.M. each day. Last year this event worked very smoothly thanks to the hard work of Carolyn Hill from Drake who worked closely with us. This year we would ask you to bring your IATC membership card with you, which you received from Bill Neal when you paid your dues. We will be placing additional information on the website in April.

An ongoing goal of the IATC is 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 Saturday, June 6<sup>th</sup>, 2015 beginning at 9:30 A.M. at Ames High School. 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 is pertinent to the running of the IATC, and also vote for boys' and girls' track and field state and regional coaches of the year. Please make sure that your membership dues are paid before this meeting as you need to be a member to be eligible to receive Coach of the Year awards.

Finally, I would like to once again thank you for the opportunity to serve you as President of our great organization. The past year has seen many changes within the IATC. Each of these new challenges has been solved by people who have been willing to step forward and assume responsibility in some way. I am positive that the changes that we experience this year will also be handled successfully because of the great people we have within the IATC who are willing to step forward and volunteer their time. Thank you for your time and efforts during 2014 and have a safe and productive spring season.

Marty Thomae, President IATC  
[mthomae@benton.k12.ia.us](mailto:mthomae@benton.k12.ia.us)  
319-560-5518 (c)  
319-228-8701 extension 316 (w)

## **First Vice President's Message**

**Steve Roth, Washington Community Schools**  
[sroth@washington.k12.ia.us](mailto:sroth@washington.k12.ia.us)

Hello all!

Twelve inches of snow and I'm writing about our upcoming spring sport! Wow! It will be here before we know it! Again, in spring I always talk about all the opportunities there are to learn more or give back about our great sport. Check our website about working our conference indoor and outdoor college meets. I know you are all busy and have young kids at home, but those meets are priceless! First, they need your help and second, if you pick up one drill or technique from your experience, it's great! Check out our website for those opportunities! Also, our website has schools that have coaching jobs available. Thanks to all that attended the clinic in December; it went very well! Also, thank you to Bill Neal for all he's done in getting people involved in various new opportunities in our sport!

Hope to see you all at the state meet and don't forget to put the date on your calendar for the spring meeting in Ames. Have a great track season and good luck!

Steve Roth, 1<sup>st</sup> Vice President

## **Second Vice President's Message**

**Mike Jay, Columbus Junction**  
[mikejay59@gmail.com](mailto:mikejay59@gmail.com)

With the Cross country season and Hall of Fame banquet behind us, it is time to look forward to the upcoming track season(s) and warmer weather. With so many more colleges and universities, either building new or upgrading their older indoor facilities, there is so much more indoor competition available to our youth than there was in years past.

This indoor competition gives both coaches and athletes alike the chance to really see "where they are at" for the upcoming outdoor season. Can you set a new PR? Can you score at the conference meet? Can you qualify for Drake? Can you qualify for and perhaps win a medal at state? It is all good stuff. It is great to see so many of our youth taking part in track and field in Iowa.

You too can play an even bigger role than you are now, by getting involved with the IATC. We would love you to come to our meetings; get involved with our JH state meets; help with our Sr. All Star meets etc. Contact an IATC member today and ask how you can help our great sports continue to grow.

Have a great second half of the 2014-15 school year!

Mike Jay 2<sup>nd</sup> Vice President/IATC Hall of Fame Chair

## 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.

## State Pentathlon

**Steve Roth, Washington**  
[sroth@washington.k12.ia.us](mailto:sroth@washington.k12.ia.us)

The Pentathlon will be held Tuesday, May 26<sup>th</sup> at Case Field in Washington, Iowa. The rain date is Thursday, May 28<sup>th</sup>!! There are two completion divisions; a Junior Division (Junior High) and a Senior Division (High School) for both girls and boys. Competition is open to both individuals and team with medals and team plaques awarded. Concessions are sponsored by the Washington Booster Club along with tee shirts and other items for sale by IATC. For more information, go to the IATC Website or contact Steve Roth at [sroth@washington.k12.ia.us](mailto:sroth@washington.k12.ia.us)  
 Have a great spring!

## Mike Henderson Middle School State Track and Field Meets

The Mike Henderson Junior High Boys and Girls State Track and Field Meet will be held Saturday, May 9<sup>th</sup>, 2015. The Boy's Meet will be held at the Ames High School Track in Ames, Iowa.

The Girls' Meet will be held at the Waukee High School Track in Waukee, Iowa.

Entry procedures, entry dates as well as other information will be published on the IATC Website and a reminder sent via e-mail to all head coaches in the months to come.

Workers are needed at each Meet and all Field Events will be officiated by IATC members. Please contact Marty Thomae, President IATC  
[mthomae@benton.k12.ia.us](mailto:mthomae@benton.k12.ia.us)  
 319-560-5518 (c)  
 319-228-8701 extension 316 (w)

## 2015 Senior All-Star Spotlight Track and Field Meet

**Dick Washburn, Muscatine**  
[wash@machlink.com](mailto:wash@machlink.com)

The Seventeenth annual Senior All-Star Spotlight Meet will be returning to Iowa this June. The University of Dubuque will be our meets host for the next three meets.

Athletes will be housed at UD in dorms directly next to the track. Team Iowa Athletes arrive for lodging and pre-meet activities Friday June 12<sup>th</sup> with competition commencing Saturday, June 13<sup>th</sup>. It is the goal each year to have our best Senior Track and Field Athletes that would like to compete for Team Iowa, and in this way our tribute to honor them for all they have done for our sport. Each athlete only needs to provide transportation to the meet site and all other expenses are covered.

Athletes can be nominated, both on-line found on the IATC Website, or by an e-mail. E-mails may be sent to the Team Iowa Lead Coaches, (Girls) Bob Saunders – OA-BCIG and (Boys) George Ashman – Woodward-Granger. E-mail addresses and an on-line link can be found on the IATC Website in the Senior All-Star Spotlight Meet section.

Athletes will be invited to become a member of Team Iowa and contacted directly, or through his/her coach. Athlete Acceptance to our invitation will be by completing the Acceptance and Information Form also found on the IATC Website. Individual and meet information is posted on the IATC Website. Any other questions may be resolved by contacting Dick Washburn, Bob Saunders or George Ashman.

## Junior High Track & Field Coach of the Year

**Deb Anderson, Gilbert**  
[msaxc@aol.com](mailto:msaxc@aol.com)

Please send your nominations to Deb Anderson. Please include with your nomination information concerning the criteria used for the selection process for the Junior High Coach of the Year Award:

- 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)

\*\*Note that there are two separate awards – one for cross country (Fall) and one for track and field (Spring).

## 25 Year Award Recipients

**Mitch Anderson, Mt. Pleasant**  
[andersonm@mt-pleasant.k12.ia.us](mailto:andersonm@mt-pleasant.k12.ia.us)

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 in Iowa. Please contact Mitch to nominate a deserving colleague

or yourself. You will find a nomination form available on the IATC website under IATC Awards in the left navigation column, click 25 Year Award. Nominations must be received no later than **April 1st, 2014** in order for the recipient to be recognized at the 2013 state track and field meet. Awards are presented during the Saturday session of the state track and field meet at Drake Stadium.

## T&F Team Power Rankings

Don't forget to check how your team is doing throughout the season in the 2015 IATC Team Power Rankings. The Power Rankings are a joint effort of both the IATC and ASPI Meetz through Quik-Stats.

### Academic All-State

Peggy Steva, Iowa City West

[peggy.mcquire@msn.com](mailto:peggy.mcquire@msn.com)

The 2015 all Academic All-State Track and Field nominations will be submitted through **the on-line form** found on the IATC website in the "Track and Field" section under the All-State heading.

Please be aware of the following reminders when filling out the form:

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.

## All-State & Academic All-State Certificates

All-State and Academic All-State teams will be announced following the State Co-ed T&F Meet. The All-State certificates are now offered on-line through the IATC Website only. Many coaches have asked if they might be able to have the certificates made available at a sooner date in order to be completed in time for any season end activities for their teams. The All-State and Academic All-State Certificates will be made available shortly after the State Meet and will be available for downloading for several weeks following the state meet. The certificates are in PDF format that can be easily enlarged to fit different paper sizes. A reminder of this information will be sent around state meet time.

## Hall of Fame Nominations

Mike Jay, Columbus Junction

[mikejay59@gmail.com](mailto:mikejay59@gmail.com)

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.

Our Hall of Fame can also be found at the Iowa Hall of Pride.

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

Guidelines for selection are found below. An applications can be downloaded from our website and submitted to Mike Jay, IATC Chairman.

## 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/IATO SPRING 2015 Meeting

We encourage all members to attend the Spring IATC meeting on Saturday, June 6<sup>th</sup>, in Ames, at Ames High School. The general meeting beginning at 9:30 A.M. Voting for Coach of the Year Awards for track and field will take place at this meeting.

## Join the IATC

Bill Neal, Williamsburg

[bneal8888@gmail.com](mailto:bneal8888@gmail.com)

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/iatcmeform.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](mailto:bneal8888@gmail.com). A complete and up to date listing of member schools may be found under membership on the IATC website.

## **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.

### **5K Cross Country Distance**

As all should be aware at this time the racing distance for Girls Cross Country will be 5K. The same distance as is currently run by the boys. Look for more details next fall as the CC season approaches.

The Board of the Directors of the Iowa Girls High School Athletic Union voted unanimously to increase the distance of Iowa Girl's high school cross country

meets from 4,000 meters to 5,000 meters at its January 7th meeting.

The move to 5,000 meters (3.1 miles) marks the first change in distance for Iowa girls high school cross country runners since 2002, when the distance was changed from two miles to 4,000 meters (2.5 miles). Cross Country has been an IGHSAU-sanctioned sport since 1966.

### **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 Hall of Fame**

### **Mike Jay - 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.

Our Hall of Fame can also be found at the Iowa Hall of Pride.

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

Included below are the guidelines for selection. Application is through the IATC Website:

[http://www.iatfcc.org/index.php?option=com\\_chronocontact&chronoforname=hall\\_fame\\_nomination](http://www.iatfcc.org/index.php?option=com_chronocontact&chronoforname=hall_fame_nomination)

#### **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 and 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 Hall of Fame Committee, Past Presidents and designated others.

###### **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 Hall of Fame Committee, Past Presidents and designated others.

###### **C. LaVerne Kloster Service Award:**

- Must have contributed to the sport of Track & Field and/or Cross Country in Iowa in some significant manner which is recognized by the Executive Committee as a supporter or contributor to the betterment of Track & Field and/or Cross Country in Iowa.
- Must receive 2/3 vote of the Hall of Fame Committee, Past Presidents and designated others.

##### **II. 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 announced at the spring meeting of the IATC meeting.
- D. If a nominee is on the list for 5 consecutive years without becoming an inductee the name is removed from consideration and may be resubmitted. The person who submitted the nominee will be notified.
- E. A nominee's name may be submitted by completion of the form found 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.
-