

# Iowa Association of Track Coaches

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## Spring 2014 Newsletter

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

### President's Message

**Marty Thoma, Benton Community**

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

You can feel the excitement begin to build for another season of track and field, once the boys association and the girls union release the Track and Field Classifications and State Qualifying Meet Sites on their websites. It is hard to tell that spring is nearly upon us with the weather we are all currently experiencing. However, if last year's State Meet is any indication of how well our student-athletes can compete in a year when weather plays a factor in training and meets, then I expect this year will once again provide many fine performances and records on May 22<sup>nd</sup> through 24<sup>th</sup> in Des Moines.

I am excited to assume the role of President of the IATC for the next two years and continue the dedicated work of those who have served before me. I am especially indebted to Al Neppl and Kirk Schmaltz for their guidance and leadership in helping me prepare for this position. It has always been a goal of mine to give something back to the sports of cross country and track and field because of the many great memories and friendships that I have experienced the past thirty-four years that I have been a part of the coaching community in Iowa. It is my hope that with your help as members of the IATC, that we can continue to achieve great things in the sports that we share such a great passion to coach.

There are also many outstanding individuals that work behind the scenes to make the IATC run smoothly. We have many committee members and volunteers who work tirelessly year after year to improve our organization. Without the teamwork that occurs because of these individuals, we would not be able to provide all of the events and awards that we offer every year for our student-athletes and coaches. I want to take this time to offer my thanks for the many hours they put in behind the scenes with little or no recognition, but work many hours to improve the services that we offer to our membership. I also look

forward to working closely with Vice President Steve Roth, Second Vice President Mike Jay, executive committee members, and committee members for the next two years to continue moving the IATC in a positive direction.

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 challenge 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 this year is the Mike Henderson Junior High Boys' and Girls' State Track and Field Meets. This year the boys' meet will be at Newton High School and the girls' meet will be at Waukee High School. The meet date is Saturday, May 10<sup>th</sup>, 2014. A second event that the IATC hosts is the State Pentathlon at Washington High School on Tuesday, May 27<sup>th</sup>, 2014. The final event that we host is the Senior All-Star Spotlight Track and Field Meet at Joliet, Illinois on Friday and Saturday June 13<sup>th</sup> and 14<sup>th</sup>, 2014. Next year the Senior All-Star Meet will return to Iowa. 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 forward your name to the meet director for the meet that you are interested in working at. Your help in running these events is crucial to their success, and we welcome anyone who is willing to give of their time. You can be a head coach, assistant coach, middle school coach, or parent.

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 25<sup>th</sup> and Saturday, April 26<sup>th</sup>. Please stop by and share some pizza, pop, and conversations with fellow coaches. The room will be open from 11:00 A.M. until 1:00 P.M. each day. We will be sending out a message on the IATC website in April telling you about how to gain admission to the Field House for this event.

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 7<sup>th</sup>, 2014 beginning at 9:30 A.M. at Ames High School. We had a great turn out at our last meeting this past fall, with several new coaches in attendance. 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. 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 track and field coaches of the year, and any feedback you have on the state track and field 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 spring meeting to the membership in attendance. The information will also be shared with the members of the joint track and field advisory committee. This information will also be shared with the IHSAA and the IGHSAU.

Communication will once again be the key to the continued success of our organization. We will work closely with the Iowa High School Athletic Association ([www.iahhsaa.org](http://www.iahhsaa.org)) and the Iowa Girls High School Athletic Union ([www.ighsau.org](http://www.ighsau.org)) to provide information and feedback on issues related to track and field. Our association has a great working relationship with the IHSAA and the IGHSAU. Our input to these groups is important. Please feel free to contact me when you have an issue or something that you would like shared with these organizations. One of our roles is to provide input from IATC membership with the boys association and the girls union. The IATC works hard to represent our membership with both groups. When it comes to making decisions regarding rules, dates, events, schedules, qualifying or results, however, the governing bodies of the IHSAA and the IGHSAU make the final decisions. We will continue to work in a positive manner with these organizations to provide the best support for our student-athletes.

Finally, I would like to thank you for the opportunity to serve you as President of our great organization. We are only as strong as the people who continue to offer their time and experience to the IATC. I look forward to seeing you at track and field meets this spring. Please feel free to introduce yourself if we have not yet met. Thank you 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)

Yes, with the weather we have had, it doesn't seem possible February 17<sup>th</sup> is so close! I hope all is well and 2014 has started off great for everyone! My main goal in this newsletter is again to make you aware of all the opportunities you have by coaching track. The two opportunities I am going to mention are: 1) You may work any of these college meets that are listed on the official website. There are some great meets out there and the colleges are always looking for help. It's a great learning experience, too! 2) Join our Association and the official association! Good luck to everyone and I will see you at the Indoors!

Sincerely,

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

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

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

Although I am no longer an active coach (26 years at Columbus Community) I am still very involved in our sports and have been a faithful active member of IATC for 25 years or more.

I am the Chairman of the IATC hall of Fame Committee, and a member of the IGHSAU Track and Field Hall of Fame committee. When asked to run for office within the IATC, I thought why not? It is a great organization that spends it's time and money on promoting not only our sports but the Iowa kids involved in those sports too!

Take a look at the IATC website, you will be impressed at all that we do. We would welcome your help and your membership to assist us in what we do and perhaps even do it better.

Thank you for doing what you do in guiding kids to be better students, citizens and athletes.

Mike Jay  
2<sup>nd</sup> Vice President

## 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 27<sup>th</sup> at Case Field in Washington, Iowa. Senior Division athletes will begin at 9 am and Junior Division Athletes will begin at 10 am! The rain date is Thursday, May 29<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 sponsor by the Washington Booster Club along with tee shirts 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

**Mary Madsen, Melbourne**

[mbasilm12@gmail.com](mailto:mbasilm12@gmail.com)

The Mike Henderson Junior High Boys and Girls State Track and Field Meet will be held Saturday, May 10, 2014. The Boy's Meet will be held at the Newton High School Track in Newton, Iowa. Meet Coordinator for the Boys' Meet is Scott Garvis, his email address is: [garviss@newton.k12.ia.us](mailto:garviss@newton.k12.ia.us) to contact him to help out at field events or elsewhere at the meet.

The Girls' Meet will be held again at the Waukee High School Track in Waukee, Iowa. Mary Madsen is the Meet Coordinator and can be contacted at: [mbasilm12@gmail.com](mailto:mbasilm12@gmail.com)

Entries will open Monday, March 24, 2014 at 7:30am and close Monday April 28, 2014 at 10:00pm.

Workers are needed at each Meet and all Field Events will be Officiated by IATC members. Please contact the Meet Coordinator to volunteer at their meet.

Have a great track season,

Mary Madsen

IATC Junior High State Meets Coordinator

## Senior All-Star Spotlight Track and Field Meet

**Dick Washburn, Muscatine**

[wash@machlink.com](mailto:wash@machlink.com)

The Sixteenth annual Senior All-Star Spotlight Meet 2014 will be hosted by Team Illinois. Athletes will be housed at St. Francis University, Joliet, Illinois. Team Iowa Athletes arrive for lodging and pre-meet activities Friday June 13<sup>th</sup> with competition commencing Saturday, June 14<sup>th</sup> at the Joliet Memorial Stadium, located at 3000 West Jefferson St. within the Inwood Sports Complex located on Joliet's west side. The complex is considered one of Illinois' premier sports facilities. It is the goal each year to have our best Senior Track and Field Athletes 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. New this year the IATC will have a Team Iowa Bus available to transport athletes needing assistance with any athletes needing transportation to and from the meet site. The bus will follow Interstate 80 beginning in western Iowa with several pick-up points along the bus route. There will be a small round trip fee for bus travel that will be set on a sliding scale as determined by where the athlete boards

Athletes can be nominated, both on-line 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. Acceptance notification will be by e-mail, phone or postal mail. 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 2013 IATC Team Power Rankings. The Power Rankings are a joint effort of both the IATC and ASPI Meetz through Quik-Stats. More information will be coming your way via e-mail and on the IATC Website in the coming weeks.

## Academic All-State

Peggy Steva, Iowa City West

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

The 2014 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 2014 Meeting

We would like to encourage all members to attend the Spring 2014 IATC meeting on Saturday, June 7<sup>th</sup>, 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 track and field will take place at this meeting.

## Join the IATC

**Bill Neal, Williamsburg**

[bneal8888@gmail.com](mailto:bneal8888@gmail.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  
<http://www.iatfcc.org/images/stories/Membership/iatcmform.pdf>  
or online and register through the IATC website.  
[ <http://www.iatfcc.org/inv/membershipform.php> ]

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.

## 4K/5K Cross Country Distance Survey Results

The Survey results can be found at the end of the newsletter.

## **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.

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.

##### **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 made at the spring meeting of the IATC Executive Committee.
- 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.

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## 4K/5K Cross Country Distance Survey Results

Marty Thomae, IATC President  
[mthomae@benton.k12.ia.us](mailto:mthomae@benton.k12.ia.us)

This past fall (2013) the IATC conducted a survey of all girls' cross country coaches in the state of Iowa. The survey subject was the length of the racing distance for Iowa high school girls during the cross country season. The choices that were offered on the survey were to remain at the current 4K race distance or to lengthen the race to the 5K race distance. Kirk Schmaltz from Ames did all of the work on this project by collecting and tabulating the results. I would like to thank Kirk for taking on this job and finalizing the results. The information has been broken down by class according to the number of votes and also by percentage of votes. If you have any questions regarding this survey please contact Marty Thomae by e-mail or call 319-560-5518. Thank you.

**4K/5K Cross Country Survey Results**Total Votes

<u>4A</u>			
4K	5K	Missing	Total # of Schools
16	23	9	48
<u>3A</u>			
39	12	13	64
<u>2A</u>			
36	28	5	69
<u>1A</u>			
77	34	17	128

All Classes

168	97	44	309
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Percentage of Votes

<u>4A</u>			
4K	5K	Responded	Missing
41%	59%	82%	18%
<u>3A</u>			
4k	5K	Responded	Missing
76%	24%	80%	20%
<u>2A</u>			
4K	5K	Responded	Missing
55%	45%	93%	7%
<u>1A</u>			
4K	5K	Responding	Missing
69%	31%	87%	13%

All Classes

4K	5K	Responding	Missing
63%	37%	88%	12%