



Winter/Spring 2018 Newsletter

President's Letter:

Valaree Langley-Foss – USATF-Maine President

Athletes, Club Directors, Parents, Officials,
Coaches, and Volunteers,

Here are some important things to remember as
we begin 2018:

- USATF requires all new and renewable membership registrations to have a valid email address. If you elect to register or renew as a member directly online with USATF Youth Membership must pay the amount of \$20.00. Our Maine association gives a discount to all Youth Memberships if received via snail mail; we charge only \$15 for the mailed-in registrations. (Refunds are not issued by USATF or USATF-Maine if you over pay!) Adults, Volunteers, Coaches over the age of 19 are charged \$30/calendar year for USATF memberships. All renewable membership ID numbers will be the same USATF number assigned to you back in 2014. For new members will be issued a new permanent membership number and the ID number won't change from year to year.

USATF-Maine Membership Registrar is:
Roseanne Francour, e-mail address:
membership@maine.ustaf.org or Tavi Norton,
tavi.norton@gmail.com. Other membership

inquiries: Valaree Foss, metrkfld@gmail.com

On Line Membership: _

[http://www.usatf.org/Products---
Services/Individual-Memberships.aspx](http://www.usatf.org/Products---Services/Individual-Memberships.aspx)

- USATF has now “gone green” (paperless). All Event Sanctions must now be done directly online with USATF. A major Credit Card is required. Web address is: [http://www.usatf.org/Products---
Services/Event-Sanctions.aspx](http://www.usatf.org/Products---Services/Event-Sanctions.aspx) .
- **USATF-Maine membership:** All paper membership forms must be sent to the address on the form. Date of Birth (DOB) verification must accompany each form. This means a copy of the individual's birth certificate. If an athlete's DOB has already been verified during the 2017 membership year or before there is no need to resubmit documentation.
- All USATF-Maine Clubs must renew online with USATF. Please remember that a major Credit Card is required. Web site address: [http://www.usatf.org/Products---
Services/Club-Memberships.aspx](http://www.usatf.org/Products---Services/Club-Memberships.aspx) New Clubs must go directly online with USATF. The USATF web site area is: [https://www.usatf.org/mgmt/clubs/NET/
apply.aspx](https://www.usatf.org/mgmt/clubs/NET/apply.aspx)

Organizational/Club Membership – Club Practice Insurance Information & Forms
<https://www.usatf.org/clubs/application/forms/USATFClubPracticeInsurance.pdf>

If you have questions, USATF-Maine's Club Registrar is: Wendy Serbent 5 Sunset Terrace St. Waterville, ME 04901 e-mail is:
pwserbent@yahoo.com

All USATF-Maine Club Coaches and Volunteers Background Check Policy:
USATF-Maine Club Coaches and Volunteers must all have a background check done through TC Logic (<http://www.usatf.org/Resources-for---/-groups-officials-/Certification/Background-Screen.aspx>.) No other background checks will be accepted. Background Checks have been implemented by USATF to:

- Promote a safe, nurturing, and supportive athletic environment in which youth athletes can pursue their athletic goals;
- Provide an environment where parents can feel good about allowing their child to participate in the sport of track and field.
- Maintain the sport of track and field as a hostile environment for those who would seek to harm youth athletes.

Please note that this screening is not intended to serve as a pre-employment background-screening program, nor can screening guarantee that incidents of abuse by coaches/volunteers will not occur. Background screening is designed as a preventative risk management tool, but does not ensure inappropriate behavior will not occur.

All coaches and volunteers over the age of 19 must be current year USATF members, USATF membership is \$30/year. Cost per background check is \$16.00 per coach/volunteer and must be paid with a major credit card at the time of screening. Scan a copy of your driver's licence or passport before beginning the background check process as you will be required to attach a jpeg

copy within the background check program. Background screening process web site is:
<http://www.usatf.org/About/Programs/Background.aspx>

From USA Track and Field News

“For the safety of our athletes, particularly our youth athletes, USA Track & Field has committed to providing a safe environment in which our athletes compete and train. We believe this is paramount to the success of all our programs. The United States Olympic Committee (USOC) has recommended USATF implement the program in 2014 and it will be required of all Olympic national governing bodies (NGB's) by 2015. Coupled with our Coaches Registry, our goal is to gain awareness and protect the participants in our sport at all levels, but particularly those athletes who are 18-and-under. The SafeSport course is an online training module put together by the USOC. The course covers fourteen lesson areas that include, but are not limited to, sexual, physical and emotional misconduct; local and overnight travel; bullying and harassment. The training videos in total are approximately 90 minutes long and include four quizzes and a final exam. All USATF National Staff, Board Members, Youth Committee members, registered agents, coaches on the Coaches Registry, youth club coaches and youth club administrators are required to complete the USOC SafeSport course. Visit the SafeSport website at SafeSport.org to begin the process.”

As we begin the New Year of 2018, the association will be involved with many track and field meets in the coming months as well as other aspects of the sport. I sincerely hope that within the coming months of 2018 we'd like to see the USATF-Maine's competitor's number's increases in the Open and Master's age divisions.

On October 1, 2017 the Annual Awards Banquet was held. There were 12 new USATF-Maine Youth records set. The entire press release can

be found at:

http://maine.usatf.org/USATF_ASSOC_1/files/16/16ea508-a657-4cf9-61d-dcd571f01f10.pdf.

2017 USATF Officials Awards were presented to Duane Hall – USATF National Level Official and Courtney Kromko – National Level Official. **2017 Maine Presidents Award** was presented to Marty Thornton for her numerous years of dedication and support to the sport of Track and Field/Race Walking and Cross-country and for her support to the Maine Association of United States Track and Field over many years as a USATF-Maine Master Level Official, Coach with Takers TC, parent, meet photographer, meet director, and Lakers Timing. So many hats and much loved.

Officials' Report

Don Berry, Certification Chairman

It has been an eventful year for USATFME. It was a certification year and it has been a real challenge to say the least. The National office took over the issuing of the certification cards and it has not been a very successful process. I still have cards that have not been issued and now we are into a new year. There are several positive happenings that have taken place. Several of our “young” officials were part of the Young Officials grant program and each of them received a grant check for \$500 from this program. All of the Maine officials who have been part of this did an outstanding work and have now moved on to doing National meets. I take great pride in the watching them working now at this level.

I do have some concerns. Some of you have paid for your membership and have not completed your Background Checks. You are not a certified official until this is done. Please get it done! This year in the clinics I have to do the SafeSport program again so you are all up-to-date with that.

Here are the steps for the BG Checks:

The Steps to complete/renew the USATF Officials Background check

Go to the USATF Website. Sign-in at the top of the page where it asks for your membership number and your password. If you do not have the password it will ask you to obtain one.

This will take you to a sign-in page at <https://www.usatf.org/myUSATF/index.asp> to sign -in again.

Once you have done this you will be taken to the Menu page and your name will appear on this page (<https://www.usatf.org/myUSATF/menu.asp>) On the menu at the top of the page go to the RESOURCES FOR.... And click on Officials and you will be taken to <http://www.usatf.org/Resources-for---/-groups-officials-.aspx> In the left-hand side of the page click on Background check and SafeSport. <http://www.usatf.org/Resources-for---/-groups-officials-/Certification/Background-Screen.aspx>

At the bottom of the page click on Begin the Application. Remember you will need a scan jpeg copy of your driver’s license, Passport or State ID. The cost for this check is \$16. If you have any questions with this please contact me.

Two of our members have been named to the National Rules sub-committee- Dustin Williamson and Courtney Kromko. The next set of the rules exams will not have any NCAA questions in them. One of the biggest rule changes this year involves the exchange zone in USATF and IAAF. The acceleration zone is now part of the exchange zone. There is no acceleration zone in these two programs. It does still exist in High School and NCAA.

In December, I was the recipient of the James Gray award at the USA Track & Field National Conference. The award is presented by the National Officials Committee in recognition by

his peers for excellence and achievement by an individual who by providing the leadership, setting the example and going out of his/her way to help in the development of others in the USATF Officials organization.

Finally, I want to thank all of our officials for the great work you all do.

MUT (Mountain Ultra Trail Running)

Dustin Williamson, Co-Chair

There is some exciting news for the Mountain Ultra Trail running for USATF Maine. We are partnering with the Riverlands 100 and will have the USATF Maine Ultra Championships May 12-13, 2018 in Turner, Maine. 100 miles through the beautiful trails at the Riverlands State Park. For more information about this event and to register, go to <http://www.riverlands100.com>.

The 2018 USATF Maine Trail Championships will once again be held in conjunction with the Leavitt Fathers' Day 5K on Saturday, June 16th at 9:30 a.m. You can register for this event at: <http://leavittfathersday5k.com>.

I hope that you can join us at these events. In the meantime, have a great run and I'll see you out there.

Masters' LDR

Jim Fecteau

Tips for Officials – A Tale of Two Meets

New Hampshire high schools have competed at USM's field house in Gorham for several years. I recently had the chance to work the LJ at two of these meets.

At the first meet, being unfamiliar with protocol for this league, I split the 24 boy's long jumpers into two flights according to rank – the first 12 in flight one, the last 12 in flight two. I had noted their other events but ignored these when setting the flights. The outcome was predictable. The

first flight went quickly while the second flight was delayed due to the high number of jumpers competing in either the 55 hurdles or 55 dash. Preliminaries and finals took slightly more than two hours with no athlete missing a jump due to a conflict. The girl's LJ, with a similar number of athletes, went more smoothly and we finished well ahead of the relays. No one complained. Mission accomplished?

For the second meet, with comparable numbers of jumpers, I used a different approach and split the flights according to conflicts – participants in the 55 hurdles and 55 dash in flight one, and all other jumpers in flight two. The flights had 11 and 13 jumpers, respectively. As athletes checked in, I told them how the flights were going to be set, reserving the right to alter the split if there were an overwhelming number in the hurdles and dash. I shared this plan with coaches as well. While the 4 x 800 relays were run, we finished flight one and freed all sprinters to prepare for and compete in the hurdles and dash. Preliminaries and finals took under 1.5 hours, about 45 minutes less than the prior week. No athlete missed a jump, no complaints, mission accomplished!

Morals of the story? First, trust your instincts and don't repeat past mistakes – manage the event as you know you should. Practice “preventive officiating” by anticipating and mitigating conflicts. Athletes and coaches appreciate this immensely. (Not to mention that you'll finish earlier!) Second, communicate with everyone involved. Doing so shows that you understand that the competition (i.e. “them”) is what counts and you'll earn a great deal of respect as a result. Finally, “not repeating past mistakes” is far too easily said than done. Be kind to yourself – if you try but still fail, take comfort in the fact that you still care to try. Enjoy your meets!

Remembering Two Officials Who Passed

Remembrance of two of our USATF-Maine Certified Officials who were called home to walk on God's golden track and walk the fields of green.

Louis “Lou” Cody

Mary Cady – PVC Meet Director, USATF-Maine Master Level Official

Lou always worked field events, especially shot put and discus. SP was his favorite. I don't remember him working XC meets, unless they were ones at Bucksport. He worked PVC Championship meets including the Freshman Championship meet and JV Championships.

Lou worked regular season meets at Bangor, Brewer, Hampden, Ellsworth, MDI, Bucksport, Orono and Old Town. He worked the old MPA Regional meets and State Championship meets – usually Class C. He worked as a shot put official at PVC-EMITL indoor meets for years along with field events at University of Maine meets. He was always willing to work.

Lou was an Orono High School graduate and loved supporting all athletes, especially OHS ones. He loved to work and wanted to work – a hard man to whom to say “no.” He cared deeply about the athletes. He felt very badly when he got too ill to work any more meet. He always apologized for not being able to work.

Michael “Mike” Woodbury

Valaree J Langley-Foss, USATF-Maine, President.

A lifelong resident of Morrill. Mike graduated from Belfast Area High School and attended the University of Maine, where he majored in animal sciences. He spent most of his life as a painting contractor, but his true passion was being a father, grandfather and coach to his own children, as well as many basketball and track and field athletes in Waldo County. He volunteered hundreds of

hours coaching YMCA basketball and travel teams as well as summer track.

He became a USATF-Maine National level official and officiated at state and USATF National meets primarily as a race walk and throws official. He was extremely proud of his children and their accomplishments, whether on the track, football field, soccer pitch, basketball court, the state or in the classroom.

Web Site & Facebook: On the Association's web site, <http://maine.usatf.org>, you'll find a listing of sanctioned meets for all ages. Official's news, Maine USATF Executive Board Minutes / Agenda's, New & Renewing USATF Membership, Forming a USATF Registered Club, Archived information, and much more. If you have suggestions/comments regarding improvement of the web site please contact the Webmaster by clicking on at the bottom of the web site page or and send your suggestions to metrkfld@gmail.com.

If you have news pertaining to any Maine USATF athlete of all age groups interesting for posting on our web site, please forward the information to:

metrkfld@gmail.com

USATF-Maine also has an active Facebook web site: www.facebook.com/USATFMaine

Youth Athletics

Ron Kelley, Chairman

USATF Maine Junior Olympic Track & Field Championship Region 1 Qualifying Meet for 18 & UNDER

On Saturday, June 23 the USATF Maine Jr. Olympic track and field championship will be held at Scarborough High School. On Sunday June 24 the 2nd day of the multi events will be held. The top 6 in each event will qualify for the Region 1 Championship on July 5-9 in the Long Island Association. Information for this meet will be listed on the web page: www.maine.usatf.org. Pre-Registration for this meet is required and can

be done at the web site: www.athletic.net

Any questions please e-mail Ron Kelly:
rkelly01@maine.rr.com or call 745-4781-
evenings

USATF Maine Youth Summer Meets

The summer youth meets will begin June 28 at 4 locations across the state. Dates for the rest of the regular season meets will be July 5-12-19-26. The

qualifying meets will be held August 2 with the State meet to be held at Brewer High School on August 11. The full schedule will be available in May.

2018 USATF-Maine Elected and Appointed Committee Chairs and Co-Chairs

Elected 2018 Officers

President: Valaree Langley-Foss – metrkfld@gmail.com

Vice President: Martin Kahler - vicepresident@maine.usatf.org

Secretary: Mark Dennett - secretary@maine.usatf.org

Treasurer: Dennis Kunces – treasurer@maine.usatf.org

Appointed 2018 Chairs & Co-Chairs

Men's Track & Field: Jeff Gray - menstrackandfield@maine.usatf.org

Women's Track & Field: Stefanie Worster – metrkfld@gmail.com

Race Walking (Co-Chairs): Thomas Eastler - eastler@maine.edu

Tom Menendez - menendezmon@yahoo.com or racewalking@zmsinr.usatf.org

Master LDR: Jim Fecteau – mastersldr@maine.usatf.org

Men's LDR: vacant

Women's LDR: vacant

Cross Country (Co-Chairs) - Ron Kelley – rkelly01@maine.rr.com or crosscountry@maine.usatf.org

co-chair: vacant

Masters Track & Field (Co-Chairs) – (Running) Jeff Gray – jgray14@maine.rr.com **(Running)**
(Throws): Kim Schwickrath - jgray14@maine.rr.com

Youth Athletics (Co-Chairs): Ronald Kelly - youth@maine.usatf.org or rkelly01@maine.rr.com

co-chair: vacant

Officials: Donald Berry - officials@maine.usatf.org

Club Registrations: Wendy Serbent – clubs@maine.usatf.org

Membership Registrar: Roseanne Francour – membership@maine.usatf.org

or tavi.norton@gmail.com, other membership questions: metrkfld@gmail.com

Sanctions: Valaree Langley-Foss - metrkfld@gmail.com

MUT (Co-Chairs): Dustin Williamson - mut@maine.usatf.org

co-chair: vacant

Para Athletics Co-Chairs: Stephen Foss - foss.stephen921@gmail.com or paraathletics@maine.usatf.org **co-chair:** vacant

Communications (Co Chairs): vacant

General Information and Inquires: metrkfld@gmail.com