



Winter/Spring 2017 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 2017:

- 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: Brenda
Brenda's e-mail is: brenda.oldfield@maine.edu

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 2105-16 membership year or before there is no need to resubmit documentation.
- All USATF-Maine Clubs must renew on line 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](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. 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 2017, 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 2017 we'd like to see the USATF-Maine's competitor's number's increases in the Open and Master's age divisions.

2017 USATF-Maine Programs

2017 USATF-Maine Indoor Championship

Meet: On February 26, 2017 the association hosted the USATF-Maine Indoor Championship Meet at the *New Balance Field House* at University of Maine – Orono campus for all age divisions – Youth to Masters. In 2017 there was an increase in attendance in all age groups, we are hoping to see even more growth in participation in 2018.

2017 Youth Summer Meets: Preliminary meet entry fees will remain the same at \$2.00 per athlete. When the tentative 2017 summertime developmental schedule becomes available it will be posted on our web site.

<http://www.maine.usatf.org/Home.aspx> For All USATF-Maine Clubs that wish to hold a meet at your local venue, please contact Ron Kelly at: youth@maine.usatf.org OR call him at (207) 745-4781 (Cell).

Awards presented at the Annual Meeting

2016 Youth Summer Program Club Awards: In 2010 the association began the Club Size category awards for combined boys and girls points in the state championship. The categories are: Small Club registrations: 0-30; Medium Club registrations: 31-60; and Large Club registrations: 61+ athletes. Within the club size categories the points are compared to the other clubs within that category to determine the award winner. The 2016 Club Awards went to: **Small Club**-Gardiner Track & Field with 56 points, coached by Jennifer Boudreau and others; **Medium Club**-Gorham Track and Field with 145 points coached by Todd Bickford and others; and **Large Club**-Panthers Track & Field Club coached by Dan Roy and others.

2016 USATF-Maine Officials Awards

- Todd Bickford – Association Level USATF Certified Official
- Lee Jackson – National Level USATF Certified Official
- Lance Turley – Master Level USATF Certified Official

2016 USATF-Maine Presidential Award

The 2016 award is being presented to an organization that has been a USATF Maine Club for many years. With its years of dedication and support to the sport of track and field as well as for developing the Indoor Meet Series for USATF Maine Youth and Race walk athletes the award has been given to Brunswick Parks and Recreation Department – Tom Farrel.

Special Recognition Awards:

- Tory Smith – Brunswick Recreation Program Director
- Dave Watson – USATF-Maine Master Level Certified Official who has helped develop the Brunswick Indoor Meet Series
- Heather and Ben Hoisington – instrumental in the development of the Brunswick Indoor Meet Series.
- Carolyn Bickford – Record keeper of Awards for medals and patches at State Championship meets.

USATF East Region 2016 Volunteer Recognition Awards

Started in 2013 USATF Regional Zone Reps contacted each association's president to nominate one person within their association to receive this prestigious award. For 2016 this was awarded to Jim Fecteau, MEUSATF-Maine Co-Chair treasurer. Jim lives in the Portland area.

In closing of my portion of the newsletter I want to personally thank everyone, and I mean everyone: athletes, club directors, parents, officials, coaches, and volunteers without whose support and involvement in our association we would not receive national awards and be able to give local awards within our organization and to promote all aspects of this sport for all age divisions.

Within this newsletter there is a section section dedicated to someone who was very special in the USATF-Maine Officials rank. I'm sorry to have to inform you that Lance Truly, a throws official, passed away in September. Of 2016. Lance worked at shot put, discus and or turbo javelin events during the USATF-Maine youth summer championship meets. He also worked many USATF National meets at all levels of competition.



Lance Truly – USATF Master Level Certified Throws Official, September 2016.

Sincerely,

Valaree J. Langley-Foss
President

MUT

Dustin Williamson, Chairman

The 2016 USATF Maine Trail Championships occurred in conjunction with the Leavitt Father's Day 5K on June 19th. It was a great morning of racing through the trails of Leavitt.

Congratulations to Tom Menendez who was the USATF Maine Trail Champion for his category. The 2017 edition will occur on Saturday, June 17th with a great course, a fun day of events, and entertainment. For info go to

<http://www.leavittfathersday5k.com>

Whether you are taking a quick stroll, doing a jog through the woods, running long on the trails, or hitting the mountains, Maine has great territory for it all. Our neighbors in New England also have multiple opportunities for Mountain, Ultra, and Trail running events.

I'll see you on the trails!

Tips for Officials

Jim Fecteau

“Tips” will be offered in each newsletter by a different writer with experience in the area of focus. Today’s focus will be the high jump (HJ). A good set of resources for all events can be found on the USATF Officiating Resources webpage, at this link:

<http://www.usatf.org/Resources-for---/-groups-officials-/Officiating-Resources.aspx>

Here’s the HJ link:

<http://www.usatf.org/Resources-for---/-groups-officials-/Officiating-Resources/High-Jump.aspx>

From the HJ page, you can then access a number of different topics and their links will take you to a specialized Word or Excel document.

Particularly useful topics include:

- The ever popular “Five Alive” method. Remember that the use of 5-alive is determined by the number of jumpers *at the start* of a given height. Even if the number of jumpers falls below the magic number during the competition at a given height, you maintain 5-alive until the end of that height. The other important note within the resource page is to *communicate with your athletes*. A good practice is to announce “adding John (or Jane) Doe” after a jumper either clears or fails the height. That way, John or Jane will know that he/she is fifth in the rotation.
- “Field Event Time Limits” is a generic document that covers the different rules in play for HS, NCAA and USATF events, with citations to specific rule numbers. (This is an Excel file whose cell dimensions will have to be enlarged in order to read all the text.)
- “Rules Comparison” is an excellent summary of the differences between HS, NCAA, USATF and IAAF rules. With some minor modification, it can be printed on one sheet.
- “High Jump Setup Presentation” is a

PowerPoint presentation that loses something without its distinguished speaker (Mike Armstrong, National Officials Committee Chair) but it's a good visual tool for those who learn by "seeing". At the New Balance National Indoor Championship, the "sag up" method was used without issue or complaint. Just remember to have a magic marker on hand to record your settings.

Best wishes to all at the upcoming State meets! Remember, "let's be careful out there" (Sgt. Esterhaus, "Hill Street Blues")

Important Certification Information

Don Berry, Certification Chairman

Shirt Order and Size

As I complete your certification, I need to enter your shirt size in your USATF profile on the main

USATF Officials website. Therefore, I need your shirt size sent to me.

Note: the new shirts are perhaps 1/2 size smaller than "normal" so you might consider a larger size. My XL did fit fine.

Once that has been completed and I have certified/recertified you, USATF says the system will automatically generate shipment of the shirt to you within 2-3 weeks, with no further action needed on your part. Mine was ordered in January and I got it last week!

If the shirt you receive doesn't fit, and you need to exchange it for a different size, send an email to officials@usatf.org with the new shirt size, name and member number. They will ship out the correct sized shirt and send a return addressed package to send back the incorrect shirt.

If you wish to order an additional shirt at your own expense, you may do so thru this link:
[https://www.usatf.org/store/showProducts.asp?](https://www.usatf.org/store/showProducts.asp?category=Certified%20Officials)

[category=Certified%20Officials](https://www.usatf.org/Resources-for-officials/Certification/Background-Screen.asp) for a cost of \$49.50 plus shipping.

Background check

Without your background check being completed, I cannot certify you! That is done by going to the following site page:

<http://www.usatf.org/Resources-for-officials/Certification/Background-Screen.asp>

Make sure you have your ID scanned for this process, as it has to be entered. This costs you \$16.

SafeSport

All of you who attended the clinics last year had the SafeSport done, but the National office "lost" your documents. So, I may have you sign in again for the completion of that program. You can also do it on line at: <https://safesport.org/>

The list for Maine is at:
<http://www.usatf.org/Resources-for-Coaches/Coaches-Registry/Coaches-Registry.aspx?aliaspath=%2fResources-for-Coaches%2fCoaches-Registry%2fCoaches-Registry>

Pictures

If you want a new ID card picture send it to me in a jpeg format. A 'headshot' against a white/light background.

The Cost of USATF Rule Book is \$10.00 this year.

Pay Schedule Agreement

Recently an agreement has been made with the Maine Principals' Association and USATFME officials on a pay schedule for state meets. This is something we have worked toward for many years.

2017 USATF-Maine Elected and Appointed Committee Chairs and Co-Chairs

Elected 2017 Officers

President: Valaree Langley-Foss – metrkfld@myfairpoint.net
Vice President: Martin Kahler - vicepresident@maine.usatf.org
Secretary: Mark Dennett - secretary@maine.usatf.org
Treasurer: Dennis Kunces - dennis.kunces@gmail.com

Appointed 2017 Chairs & Co-Chairs

Men's Track & Field: Lee Jackson - menstrackandfield@maine.usatf.org
Women's Track & Field: Stefanie Worster – metrkfld@myfairpoint.net
Race Walking (Co-Chairs): Thomas Eastler - eastler@maine.edu
Tom Menendez - menendezmon@yahoo.com
Master LDR: vacant
Men's LDR: vacant
Women's LDR: vacant
Cross Country (Co-Chairs) Kevin Russell: lhstrack@gmail.com
co-chair: vacant
Masters Track & Field (Co-Chairs) – Lee Jackson - menstrackandfield@maine.usatf.org
(running) Kevin Russell: lhstrack@gmail.com
(THROWS): Kim Schwickrath - jgray14@maine.rr.com
Youth Athletics (Co-Chairs): Ronald Kelly - youth@maine.usatf.org
Officials: Donald Berry - officials@maine.usatf.org
Club Registrations: Wendy Serbent - pwserbent@yahoo.com
Membership Registrar: Brenda Oldfield - brenda.oldfield@maine.edu
Sanctions: Valaree Langley-Foss - metrkfld@myfairpoint.net
MUT (Co-Chairs): Dustin Williamson - mut@maine.usatf.org
Para Athletics Co-Chairs): Ronald Oldfield – paoldfield@hotmail.com
Stephen Foss - foss.stephen921@gmail.com
Communications (Co Chairs): vacant
General Information and Inquires: metrkfld@myfairpoint.net

Web Site & Facebook: On the Association's web site, www.meusatf.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@myfairpoint.net.

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@myfairpoint.net or to: coachgreen79@gmail.com; communications@maine.usatf.org
USATF-Maine also has an active Facebook web site:
<https://www.facebook.com/groups/361448066411/>

USATF Maine Youth Summer Track and Field Program

Ron Kelly, Youth Athletics Chairman

There are major rule changes that took place with this year rules which we would like to highlight.

1) Change of weights in Turbo Javelin being thrown. The 8&Under and 9-10 age groups will stay the same at the 300g javelin. The change takes place in 11-12 and 13-14. The 11-12 will be throwing the 400g Turbo Javelin and the 13-14 will throw the 600g Turbo Javelin (Long Tom). In order to give back to the clubs and assist with these changes USATF-Maine has agreed to reimburse clubs up to \$65 towards the purchase of the new 400g and 600g turbo javelins. More information will be distributed to club coaches in the coming weeks about the Turbo Javelin reimbursement/grant program. Contact Ron Kelly for more information on the javelins: rkelly01@maine.rr.com or 745-4781(evenings)

2) Coaches/Volunteer Background Check and Field Passes. (Rule 13 and 14) All coaches/volunteers, and anyone 18 years and older who comes in contact working with youth athletes at practices and meets are REQUIRED to complete a Background Check through NCSI. They also must have successfully completed the Safe Sport course. This is a national USATF mandate. If the coach/volunteer is under 18 years of age they must be a current USATF Member and complete Safe Sport. Anyone who is a registered coach with the club and completed the above requirements will be eligible to receive a picture ID Coaches Badge for the state championships. This replaces the previous Field Passes.

USATF MAINE JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIP REGION 1 QUALIFYING MEET 18 & UNDER

On Saturday, June 17 the USATF Maine Jr. Olympic track and field championship will be held at Scarborough High School. On Sunday June 18 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 6-9 at Fitchburg State. Information for this meet is 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

To register for this meet you need a current USATF membership and age must be verified.

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