



WINTER/SPRING NEWSLETTER

Important Websites

USATF-Maine website:

<https://maine.usatf.org/>

Membership Information:

[https://maine.usatf.org/
Membership.aspx](https://maine.usatf.org/Membership.aspx)

The SafeSport Link:

[https://maine.usatf.org/
Clubs/SafeSport.aspx](https://maine.usatf.org/Clubs/SafeSport.aspx)

Background Check:

[https://www.usatf.org/
safesport/background-
screening](https://www.usatf.org/safesport/background-screening)

Canceled/Postponed Events?

All USATF championship meets and USATF sanctioned events have been suspended indefinitely. For more information on specific events, visit: [https://maine.usatf.org/
News/2020-News/Canceled-
Events-due-to-COVID-19.aspx](https://maine.usatf.org/News/2020-News/Canceled-Events-due-to-COVID-19.aspx)



**To: Athletes, Club Directors, Parents,
Officials, Coaches, and Volunteers**

PRESIDENT'S REPORT: Valaree Langley-Foss

With the many concerns regarding the COVID-19 virus, all USATF National Championship meets and USATF sanctioned events have been suspended indefinitely. The 2020 Olympic Games have been postponed until July 23, 2021. The 2020 USATF Hershey National Junior Olympics Track & Field Championships to be held in Jacksonville, Florida July 27-August 2 have been canceled as well as the 2020 USATF Region 1 Junior Olympic Track & Field Championships to be held at Bowdoin College in Brunswick, ME July 9-12.

For regularly updated information, please visit the USATF website: <https://www.usatf.org/covid19>



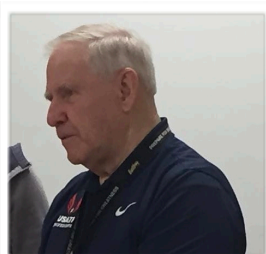


Chair Spotlight:

This month's spotlight is on our new Men's Track & Field Chair, Josiah Winchenbach. Josiah says: I joined the board in November with my wife, Molly, and I am an active coach in Wiscasset where I coach high school outdoor track and field, summer youth track and field and cross country. Molly and I are also Maine-USATF officials and our own kids, Halie and David, participate in track and field in their schools. Needless to say, I have a strong passion for running, jumping and throwing and I truly believe it is a lifelong sport!

Congratulations Don Berry

Don Berry was named the 2020 Larry LaBrie Award Outstanding Contributions to Maine Principals Associations (MPA) Interscholastic Division. Don is our USATF-Maine Officials chair, the parliamentarian for the National Officials Committee (N.O.C.) and longtime certification chair for the MPA. Congratulations Don!



President's Report continued

With both national and local concerns, the "Stay at home directive" is in effect for USATF-Maine board members. We've been having telephone conference calls since the first of March 2020. Due to Covid-19 and the USATF recommendation to temporarily suspend sanctioned events, our 2020 events are on hold. Notifications will be made when USATF-Maine plans to resume activities. During this period, Ron Kelley (youth chair) is researching and lining up sites to hold the 2020 Youth meets. Watch for a special youth newsletter to come out later this year.

We began the New Year of 2020 keeping a watchful eye on the COVID-19 virus. USATF-Maine did host the Indoor Championship meet before the virus "struck" here in Maine. See Men's Track and Field chair Josiah Winchenbach's post below for more information about that successful event.



President's Report Continued

On October 6, 2019, the Annual Awards Banquet was held. The entire news release can be found at: <https://www.maine.usatf.org/News/Newsletters.aspx>

Here are some important things to remember as we begin 2020:

•**2020 USATF Membership increase – effect as of May 1st, 2020.** The new membership fees as of 5/1/2020 if you elect to register or renew directly online will be \$25.00 for a youth membership or \$40 for adult membership, plus a processing fee.

USATF-Maine Association gives a discount to all Youth Memberships if received via snail mail; we charge \$20.00 for the mailed-in registrations only.

For more information about membership fees, visit our website: <https://maine.usatf.org/Membership.aspx>

For inquiries about membership, refer to the “contact us” section.

•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>

•**All 2020 USATF-Maine Clubs** must join or renew online with USATF, before the **May 1st due date**. Cost is \$75.00 . Please remember that a major Credit Card is required.

Web site address: <https://www.usatf.org/home/top-utility-nav-content/club-organization-membership>

•All USATF-Maine Club Coaches and Volunteers Background Check Policy:

USATF-Maine Club Coaches and Volunteers must all have a background check done through NCSI, web address: <https://www.usatf.org/safesport/background-screening>

No other background checks will be accepted. All coaches and volunteers ages 18 & older must be current year USATF members.



Officials Chair: Donald Berry

It has certainly become an eventful year for Track & Field at every level of competition. No Olympic Games, No Olympic Trials, No New Balance meet, No Regionals and I wonder what's next. Several of our Maine officials were assigned to officiate several of the National meets and that will not be occurring. Molly Winchenbach was selected as part of the Young Officials grant program and I believe that selection will be carried over to next season. We have 75 active officials here in this association. One of the concerns I have is that we have 4528 officials in the Country down from 4946 a year ago.

Now on a more serious note, several officials have paid for your membership and still have not completed your Background Checks or SafeSport. You are not a certified official until this is done. Please get it done! I cannot do the SafeSport presentation in a clinic. It is an online only program at no cost. Just a note – the pre-test questions are the same ones asked at the end of each section.

The site for the Background check is: <https://www.usatf.org/safesport/background-screening>

The SafeSport site is <https://safesport.org/> You must do a sign-in and password for the SafeSport.

You can also still get the reduced membership fee of \$30 by registering through me before the cost goes to \$40 on May 1st. I do have rule books for all levels available. The High School Pre-Meet Notes is available at https://www.nfhs.org/media/3609791/2020-pmn_final.pdf. This 20-page publication explains several facets of our sport. The new certification rules review will contain about 75 questions and there will be one review for all levels of certification. There are no high school or NCAA questions. There could be short supplements in some areas such as referees and race walk.

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

Para-Athletics Chair - Stephen Foss

We currently have a para-athlete by the name of Kellan Tilton, who performed in our 2019 summer youth program. This is the first time in the history of our summer youth program we have had a para-athlete and we are very proud of Kellan, reaching great accomplishments listed below. Upon finishing this accomplishment in a regular wheelchair,

he was presented with a certified USATF racing chair.

Kellan Tilton began attending practices in the “8 & under” boys division with the Winslow Summer Track and Field Program. Throughout the summer season, his determination and positive inner strength grew. We can’t wait to see Kellan continue to grow in the sport in the coming years!

During the USATF-Maine Youth Championship that was held at Brewer HS in August 2019, Kellan set two new “8 & under” para-youth records. The first record Kellan set was in the wheelchair 100m dash, with a time of 39.34 sec. Kellan’s second record was in the “8 & under” boys para-youth Shot Put event, with a distance of 9’03”.

Congratulations Kellan. You have the support from your track and field team (Winslow Rec.) and USATF-Maine to make more of your dreams become reality.



MUT Chair - Dustin Williamson

The USATF-Maine division of Mountain Ultra Trail has been a little quiet lately. We were unable to have any championships in 2019 and have been actively searching for some races in 2020. With the COVID-19 situation, this search has been put on hold. Fear not, however, because there will be a trail championship and possible others in 2021 so keep your eyes and ears open. There are, however, several trail competitions in Maine and New England so be sure to check online for the dates. I encourage everyone to stay active and be healthy. Maine and New England have some great trails and mountains to take advantage of that are always great to run on. I hope to see you out there.

Race Walk Chair - Tom Menendez

I wanted to share this article about the National Association of Intercollegiate Athletics (NAIA) Indoor National Track & Field Championships at South Dakota State University that took place on March 7, 2020. There were six students from Maine that finished in the top fifteen! https://www.centralmaine.com/2020/03/11/college-track-field-a-day-for-mainers-at-naia-championships/?fbclid=IwARiC9Q_M_5dPVEyglLdrNsPoIBaFbkadYeBVOW9_6oaF-cZQBosLiGHhG2k

Men's Track & Field Chair -

Josiah Winchenbach

I was lucky to attend the National Annual Meeting in Reno in December and I got to meet some very inspirational athletes and learn even more about track and field. Recently, I directed the 2020 USATF-Maine Indoor Championship Meet held on February 23 in Orono. I am very pleased with the attendance, the participation and sportsmanship and cooperation of everyone that

was there! There were 126 athletes total that competed; our youngest athlete was 8 year old female, our most senior aged female was 62 years old and our most senior aged male was 84 years old. Please visit our website for results <https://maine.usatf.org/Events/Results.aspx> and check out the facebook page <https://www.facebook.com/USATFMaine/> for pictures! It was a wonderful day. Congratulations to all the athletes!

I would love to encourage even more participation in future open and masters events in the upcoming summer series and Outdoor Championships (pending the current pandemic conditions), and even for next year's indoor championships. If you have any comments, questions or some ideas to make events bigger and better, please drop me an email at menstrackandfield@maine.usatf.org

Communications Chair -

Molly Winchenbach

Since coming on board in November, I have been learning about how we manage communications and trying to keep the website, facebook and email communications updated. A lot of my responsibilities lately have been to keep updated and posting about the current COVID-19 conditions and the events that are affected by it. You also might have noticed the national USATF website was updated in December and it is a bit of an adjustment as we learn where everything is located. As I learn, I will post helpful hints about the location of important links. Recently, Josiah and I were renewing our SafeSport certifications and noticed that there are some new links to access those so I put the new ones on the website. Make sure you check it out if you are a coach, official or even a volunteer! Additionally, the online tool USATF uses to send out mass emails is changing. If you aren't receiving the mass emails

with news and updates and would like to be, please email: communications@maine.usatf.org.

Finally, check out our facebook page at: <https://www.facebook.com/USATFMaine/> Even if you are not on facebook, you can view the page by visiting that link. We have about over 600 followers on our facebook page, so if you are on facebook, you can click “follow” to receive updates and notifications about our upcoming events and news! You can also message us on that page with any questions or comments and we will get back to you at our earliest convenience.

Free Coaching & Officiating Training Opportunity

The National Federation of High Schools (NFHS) is offering its 11 officiating courses on the NFHS Learning Center at www.NFHSLearn.com free of charge. Also included are some free coaching courses such as “Coaching Adapted Sports” and “Coaching Pole Vault”. Other courses are available at a low charge from \$25 to \$50. This is a very nice website to explore for officials, coaches, teachers and students and who knows what you will find of interest and a way to improve your skills.



CONTACT US:

Elected 2020 USATF-Maine 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 2020 USATF-Maine Appointed Committee Chairs

Registrar for Clubs: Wendy Serbent - clubs@maine.usatf.org

Membership Registrar:

Roseanne Francour (Clubs A/B) - membership@maine.usatf.org and

Tavi Norton (Clubs C/D) - tavi.norton@gmail.com

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

Men's Track & Field: Josiah Winchenbach - menstrackandfield@maine.usatf.org

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

Master LDR: vacant

Men's LDR: vacant

Women's LDR: vacant

Cross Country: Ron Kelly – rkellyor@maine.rr.com or crosscountry@maine.usatf.org

MUT: Dustin Williamson - mut@maine.usatf.org

Masters Track & Field: Kevin Russell - masters@maine.usatf.org

Youth Athletics: Ronald Kelly - rkellyor@maine.rr.com

Race Walking: Tom Menendez - oldracewalker@yahoo.com

Officials: Donald Berry – chemman@fairpoint.com

Para Athletics: Stephen Foss - foss.stephen921@gmail.com

Communications: Molly Winchenbach - communications@maine.usatf.org

General Information and Inquiries: metrkfld@gmail.com

