



# USATF

## **SOUTH CAROLINA ASSOCIATION NEWSLETTER**

NOVEMBER/DECEMBER 2016

### **USATF SOUTH CAROLINA JR OLYMPIC XC CHAMPIONSHPS '16**



The USATF SC Junior Olympic Cross Country Championships were held on Saturday, November 12th at Grand Park Athletic Complex at Market Common in Myrtle Beach SC.

There were 400 athletes from 7 teams in Youth Division (Boys & Girls) 2k (8<), 3k (9-12), 4k (13-14), 5k (15-18), aa 5k (Men & Women) Open (19-39) and 2 Masters athletes.

The South Carolina Association would like to thank the City of Myrtle Beach, the Myrtle Beach Track Club for being an outstanding host; and Myrtle Beach Sports Tourism for providing the logistics and course set-up/break-down support, Meet Timer Zack McCall, Timing Inc. that contributed to the success of a professional and first class event, and one of the most historical financially successful meets.

Special Thank You to all the coaches, officials, and volunteers who assisted in setting up the course on Friday morning and breaking down the course after the meet. The collective effort was completed in 45 minutes. Thank you to the 30 collective volunteers that assisted at various event venues and course zones.

The race lead cyclists were provided courtesy of **Michael Solomon (pictured right and below)** and **Keith Justice of Pee Dee Bike Shop** in Myrtle Beach. Both are Professional Cyclist with Cycle-Smart.



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Continued --- SOUTH CAROLINA JR OLYMPIC XC CHAMPIONSHPS '16




**Event photography provided by Prep Stars Media – Rancier Photography, Myrtle Beach**





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<http://myprepstars.com/usatf/>



## USATF NATIONAL JO CROSS COUNTRY CHAMPIONSHIPS '16



The USATF South Carolina youth athletes were very successful at the Junior Olympic Cross Country National Championships in Hoover, Alabama.

Sixty-six athletes from South Carolina competed, with nine individuals earning All-American honors, as well as one team. (All-American honors go to individuals finishing in the top 25 and teams finishing in the top 3 of their respective age groups.)

For full results, visit:

[http://www.adkinstrak.com/meets/2016/USATF\\_National\\_JO\\_Cross\\_Country/](http://www.adkinstrak.com/meets/2016/USATF_National_JO_Cross_Country/)

### 2016 USATF SC Junior Olympic Cross Country All-Americans:

8&UG	2K	12th	Burroughs, Kaylanna	Florence	8:48.51
8&UB	2K	16th	Muller, Jackson	Mt. Pleasant	8:23.66
8&UB	2K	19 <sup>th</sup>	Hislop, Gabriel	Mt. Pleasant	8:26.22
9-10G	3K	13 <sup>th</sup>	Ward, Jais	The Storm	12:25.97
13-14B	4K	4 <sup>th</sup>	Jackson, Zane	Mt. Pleasant	12:41.47
13-14B	4K	16 <sup>th</sup>	Ward, Noah	Mt. Pleasant	12:56.90
15-16B	5K	2 <sup>nd</sup>	Spychalski, Patrick	Mt. Pleasant	16:12.85
15-16B	5K	17 <sup>th</sup>	Boykin, Samuel	Mt. Pleasant	17:02.04
17-18G	5K	25 <sup>th</sup>	Cole, Darrian	Florence	22:42.06
13-14B	4K	2 <sup>nd</sup>	Mt. Pleasant (Jackson, Ward, Munoz, Archie, DeArellano (Richter, Sawyer)		3:18.33 (avg)

Continue - 2016 USATF SC Junior Olympic Cross Country Championships\_ Photo Gallery:



Darrian Cole, Florence, 25<sup>th</sup>, 17-18



Kaylanna Burroughs, Florence TC, 12<sup>th</sup>, 8 <



Jais Ward, The Storm TC, 13<sup>th</sup>, 9-10



## 2016 USATF SE Region & SC Association 1-Hour Racewalk Championships

The USATF South East Region and South Carolina Association 1-Hour Racewalk Championship was held at the Furman University Track in Greenville SC on October 29th. Twenty-Three Racewalkers from seven states participated, making it our biggest racewalk event of the year. Medals were awarded for Youth 10 and under, Youth 11-14, Junior 15-19, Open, and Masters.

South Carolina fielded Teams from Florence Track Club and Warriors Track Club and participants will submit their results to the International 1-Hour Postal Racewalk sponsored by Shore Athletic Club, New Jersey Association. A well-attended Racewalking and Judging Clinic was held before the start of the race. Thanks to all the Officials and Volunteers who made this race possible and special thanks to our hosts Furman University, Warriors Track Club and Caminata Racewalking.



(Pictured Left) Youth 10 & under-Sanne Verkoeijen(Florence)-2nd place SE/SC, Brittany Sloan(Florence)-1st place SE/SC.



(Pictured Right) Jon Hallman(Liberty), Caelin Sloan(Florence), Hilary Richards(Greenville) all SE Region and SC Assn age group winners.

1st & 2nd place women overall-Jesi & Tori Heiser-Whatley(Greer) in 10,000 m. (Pictured Left Bottom)



## Recertification Information (2017-2020) Olympiad



The certification of all USATF officials expires December 31, 2016, the end of the current Olympiad. Officials wishing to recertify for the 2017-2020 Olympiad must accomplish the actions outlined in the linked document below.

One of those steps is to complete a rule review appropriate to your certification level and discipline. These rules review once completed, are to be **sent to Perry Funnie, Officials Chair**, [pfunnie@usatfsc.org](mailto:pfunnie@usatfsc.org).

USATF SC Association certification and certification requirements and procedures were published in the September Newsletter and posted on the USATF SC Website. The cost is \$15. Contact Perry Funnie, [pfunnie@usatfsc.org](mailto:pfunnie@usatfsc.org) for specific details. All certification review materials, information on background checks and SafeSport are available on the USATF SC Website.

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## Officials Certification – Recertification and SafeSport Clinics



USATF SC will be hosting certification – recertification clinics and Safe Sport training at locations on the following tentative schedule:

Myrtle Beach Fire House 6 on Sat, Nov 19, 2016  
Summerville High School on Sat, Dec TBD  
Spartanburg-Greenville SC on Sat, Feb 4

Florence, on Saturday, Jan 21  
Columbia, on Saturday, Jan TBD  
Other State Location – TBD

For questions and additional information, contact Perry Funnie, Officials Chair, [pfunnie@usatfsc.org](mailto:pfunnie@usatfsc.org).

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## New National Officials Polo Shirt



The new officials' uniform polo shirt is a solid navy blue NIKE Dri-Fit. It will replace the current red & blue shirt.

The plan is that every official who completes all requirements above, and is identified to the USATF office as recertified, will be able to order one new shirt at no cost; additional shirts may be purchased for a price of \$55.00 plus shipping.

Details and a link to the ordering site will be provided in a future mail from the NOC.



## Updates to Membership, Club, Coaches Information

All USATF members, clubs, coaches and officials are reminded to update their personal, athlete, coaches, and club information within the USATF membership and/or club management system to reflect any new address, coaching, athlete, official information changes.



### WELCOME New Club Memberships

Riverview Charter School Track & Cross Country  
Beaufort SC

Columbia Running Club, Columbia SC

Approximately 200 members. Primarily road and trail racing (LDR) at all level of runners. Website: [www.columbiarunningclub.com](http://www.columbiarunningclub.com)

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## Level 1 Recertification Deadline, December 31, 2016



Please be reminded that all USATF Level 1 coaches certified prior to January 1, 2013 and not holding a Level 2 certification need to recertify by December 31, 2016.

Coaches can select from one of two recertification options; both options require

obtaining a passing score on the revised Level 1 exam to maintain Level 1 certification.

Level 1 coaches who fail to recertify by December 31, 2016 will be removed from the USATF Coaching Education database and will not be eligible to participate in the Level 2 event specific course until a new Level 1 course is completed.

Recertification also assures a Level 1 coach the availability of cutting-edge information at the end of each Olympiad to keep their certification current.

## Coaching Education USATF Level I - USA Track and Field South Carolina Scholarship Application



USA Track and Field South Carolina acknowledges the need for well-educated coaches to guide athletes so they can achieve their full potential. To facilitate the goal of producing well-educated coaches, USATF South Carolina has made available 5 scholarships to pay the tuition only (\$190) to attend the USATF Coaching Education Level I School scheduled in SC for 2017 – Columbia SC at the University of South Carolina - January 6-8, 2017.

South Carolina Coaches who are members of USATF SC (2016 membership required to apply and 2017 membership required to take class) are eligible to apply for a tuition only scholarship to attend. Recipients are responsible for their own transportation, membership fees, accommodation, and meals.

Candidates will be ranked based on need, coaching philosophy, and ability to contribute to an athlete's success. The five successful recipients will be notified by e-mail by December 20, 2016.



Deadline for applying is December 15, 2016. After the deadline if any of the 5 scholarships for each school have not been awarded they will be awarded on a first come-serve basis.

**Contact Andrew Alden for an Application. Return application with coaching résumé to:**

Andrew Alden, 3212 Heyward Street Columbia SC 29205.

Information may be sent electronically to [aacoaching@aol.com](mailto:aacoaching@aol.com)

**Questions: Andrew Alden** - NC-USATF Coaches Education Chair  
[aacoaching@aol.com](mailto:aacoaching@aol.com) or 803-606-2091

### **Timeline:**

December 15, 2016 – Scholarship Application Deadline

December 20, 2016 – Winning Applicants Notified

January 6-8, 2017 - Level I School – University of South Carolina, Columbia SC.

**For Level 1 Course information log on to: [www.usatf.org/groups/Coaches/education/](http://www.usatf.org/groups/Coaches/education/)**



## **USATF APPROVES FINN-AERO JAVELIN FOR 11-12 AGE DIVISION – EFFECTIVE JAN '17**

USATF Clubs “ONE TIME” SPECIAL “3 FOR THE PRICE OF 2”  
Contact Duncan Atwood at [duncan@pocketvideos.com](mailto:duncan@pocketvideos.com).  
<http://www.pocketvideos.com/javelin/aerjav/>

*Can also be purchased for \$79 at [www.VSAthletics.com](http://www.VSAthletics.com)*



## **Congratulations Ian Whatley - Mike Riban Award Winner**

*Awarded at the USATF National Convention, Orlando FL, Nov 30 – Dec 4, 2016.  
Nominated by USATF SC President Coach Richardson in recognition of Whatley's life-time contributions and support of Race Walk.*



*The Award is Given in memory of longtime supporter and official Mike Riban Green Gold AC, Chicago) to the outstanding contributor to the event. (Pictured Right)*



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## **Valerie Beasley, USATF Association Volunteer of the Year Award**



*“Nominated in recognition of her outstanding leadership, unwavering loyalty, dedication, unselfish and tireless efforts to the South Carolina Association as a Treasurer, Official, Meet Manager, Sports and Administration Chair as well as a Commendable Ambassador of the Sport.”*

*“What is also staggering is how the efforts of one person, one unique person, can truly make a difference in the over-reaching success and accomplishments of*

*those she serves and represents including Executive Officers, Chairs, Coaches, Clubs, Athletes, Parents, Volunteers, Business and Service Providers, and Community/Public Professional Networks”*

*– Coach Rich, President, USATF SC*

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Justin Bishop lives in Blythewood SC, and is the Club Head Coach, Utopia South (Columbia)



## Hurricane Throwers Classic Fetch's Thor's Thunder

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Current World Record Holder *Youri Sedykh* (Hammer Throw, 86.74m, USSR) headlined a exclusive group of international and national Hammer Throw athletes and coaches during the Hurricane Throwers Classic and Clinic hosted by Myrtle Beach denizens **Mjölknir** Throwers Club along with 3-Time Olympian Amber Campbell (Hammer Throw) at the Doug Shaw Stadium Throws Venue, Myrtle Beach SC on December 16-19, 2016.



*Youri Sedykh prides demonstration tips and advice during Hurricane Throwers Classic in Myrtle Beach SC.*

Matt Horneman (Australia) was visting the US during the holidays and had been working in Alaska. Youri currently resides in Paris, France.

Campbell's personal coach Dr. David Vandergriff, Coastal Carolina University's Coach Jacquie Grimes were also guest clinic instructors.

Both athletes and coaches learned a lot, will take it home, practice and improve their performances

The event was *USATF Sanctioned* and Certified Officials sponsored by *USATF South Carolina*.

Thirteen athletes (3 female, 10 male) and 4 coaches from Texas, Virginia (Virginia Wesleyan U), North Carolina, Canada (Athletics Canada) and Australia participated in a throws competition on Friday and a thrower and drills clinic on Saturday and Sunday.



*Amber Campbell with Throwers Classic Officials from USATF South Carolina (L-R, Kenny Funnie, Jeremy Drayton, Freddie Young, and Coach Rich)*

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## 2016 USATF SC Association MUT 50K Championship-Paris Mountain Ultra

The South Carolina Association Mountain, Ultra and Trail 50K Championship was held on October 22nd at Paris Mountain State Park, Greenville SC. The course was challenging, rugged and rocky with an elevation change of 15,000 feet--a true mountain ultra. The 50K started at 7:30am--in the dark. Thirty-six athletes from 5 states finished the race.

Byron Backer from Greenville was the top South Carolina finisher with a time of 5:47.00 and Rhonda Felder, also from Greenville, was the top female finisher with a time of 6:30.21. A 1/2 Marathon,



50-mile Relay and 7-miler were also contested. Congratulations to all participants and thank-you to the volunteers. Special thanks to Paris Mountain State Park and Upstate Ultra for hosting the event.



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## SC Delegates Represent at USATF Annual Convention

ORLANDO -- The 2016 USATF Annual Meeting officially kicked off with the Opening Session at the Hilton Orlando Lake Buena Vista in Orlando, Florida. SC delegates included Perry Funnie, Norman and Mary Venyah, Ian/Susan Whatley, Anthony Washington, Coach Rich, Joyce Welch and Tracy Meyers.



In her last address as President of USATF, Stephanie Hightower thanked the organization's leadership and constituents for the significant progress made since taking office in 2008.

By acclamation, USATF elected a new President, 2016 U.S. Olympic Team men's head coach Vin Lananna, following fellow candidate Jackie Joyner-Kersey's withdrawal from the election. Also, elected by acclamation was USATF High Performance

Board Seat Mike Conley and representative to the USATF Board of Directors, Len Krsak.

USATF Board Chairman Steve Miller spoke to the importance of the work that coaches and volunteers do with the future of our sport, the USATF Future Stars competing in youth track & field.

"I've been involved in track & field since I was nine years old," Steve said. "While those great Olympians are inspirational and aspirational... our sport is about inspiring and creating aspirational models for 6, 7, 8, 9 and 10 year olds. Without those little kids... there are no Olympians."

Delegates attended over 50 training and education sessions, voted on a new Youth Program Committee and officers with the following results: *Chair:* Tricia Myers; *Vice Chair:* Quentin Wilson; *Secretary:* Carolyn Griggs; *Vice Chair of Operations:* James Engle; *Vice Chair of Administration:* Dave Skelton.

Convention workshop, committee, council, officials, sport program, coaches and athlete advisory, rules and regulations, and association meeting minutes and documents can be found at:

<http://www.usatf.org/Events---Calendar/2016/2016-Annual-Meeting/Document-Library.aspx>

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### USATF – SOUTH CAROLINA EXECUTIVE OFFICERS

**CLARENCE L RICHARDSON, JR., PRESIDENT**  
**NORMAN VENAY, 1<sup>ST</sup> VICE PRESIDENT**  
**BILL TRUMAN, 2<sup>ND</sup> VICE PRESIDENT**

**MICHAEL FLOURNOY, YOUTH CHAIR**  
**WAYNE LACY, TREASURER**  
**MARY VENYAH, SECRETARY**



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