Ohio Association of Track & Field/Cross Country Coaches

The Runner

Volume XII, Issue II

January 2017, Clinic Edition

Regular Features:

- President's Message
- Your District Reps and Committee Chairpersons
- Welcome to the Clinic
- Longevity Awards
- Scholarship Information
- Academic All-Ohio Results
- OAT&CCC Membership Application

Inside this issue:

Clinic Notes	*4 - 5*
Mid-East Championships Foot Locker Results	*6-7*
Indoor Championships - Midwest Meet	*9*
Class of 2017 Hall of Fame Inductees	*12-14*
The Ed Barker Award	*15*
SEI and Distinguished Service Award Winners	*16*
Academic All-Ohio for Track—printable form	*18*

Welcome to the Clinic!

A message from the President, Jeff Sheets

Welcome, and thank you for coming to the 2017 OATCCC Track and Field Clinic. Once again, Wayne Clark, our clinic director, has worked all year to bring us the best and brightest coaches in our sport of track and field.

Our website has been updated and greatly improved. The Executive Board is listed with contact information for each board member. If you have any questions for the Board, feel free to contact your representative or any of the officers at the contact link that is provided.

We have increased our "user friendly" access with links to the Midwest Meet of Champions, the Mideast Meet, and many other items of coaching interest. We have opened a Twitter feed for instant updates and placed *The Runner* online as a Facebook page for when there are feature stories to share.

I have learned so much during my first year as President of the OATCCC and have truly enjoyed working with the coaches in the Association. It has been an honor to work with so many of you who go above and beyond to provide your athletes with the knowledge and skills it takes to become some of the best track athletes in the nation.



Easton Hilton - home of the best clinic in the USA

Photo courtesy of Hilton Hotels

Enjoy the Clinic and ask as many questions as you wish. Thank you for all you do for our athletes, and for the sports of track and field and cross country in the state of Ohio.

Sincerely,

Jeff Sheets
President

Mid-West Meet of Champions

Senior classic returns to Ohio Wesleyan University in 2017

The Midwest Meet of Champions featuring the top seniors from Ohio, Michigan, and Indiana returns to Ohio for a four year stay with the first year's events being held at Ohio Wesleyan University on Saturday, June 10.

Athletes arrive on campus on Friday, June 9 and are treated to a fun evening on campus with media and entertainment events and an opportunity to meet their counterparts from the other states. Then, on Saturday, camaraderie is set aside as athletes represent their states in head to head competition often resulting in national level efforts.

ANY senior interested in being a part of Team Ohio and this competition should go to the www.oatccc.com website for further information.

THE OHIO ASSOCIATION OF TRACK AND CROSS COUNTRY COACHES
REPRESENTATION BY DISTRICT



Position	Name	School	Phone
President	Jeff Sheets	Heath Middle School	740-788-3200
Vice Pres.	Diane Krumpak	South Range High School	330-549-2163 x39133
Past Pres.	Dugan Hill	Caldwell High School	740-732-5634
Treasurer	Sam Lehman	Olentangy Orange High School	740-548-5968
Secretary	Donna Joseph	Shadyside High School	740-676-2365
District 1	Robert McQuoid	Geneva High School	440-466-4831
District 2	Julie Cole	Chardon High School	440-223-4636
District 3	Jim Glessner	Norwayne High School	330-435-6384
District 4	Mary Pusateri	St Thomas Aquinas HS	330-875-1631
District 5	Mark Albaugh	Claymont High School	740-922-3471
District 6	John Knickel	Carey High School	419-396-7638
District 7	Jim Epperly	Waynesfield-Goshen High School	419-234-3328
District 8	Doug Joy	John Glenn High School	740-704-5463
District 9	Jack Lintz	Clayton Northmont High School	937-836-8605
District 10	Andy Cox	Thomas Worthington High School	614-450-6289
District 11	Zak Holland	Newark Catholic HS	740-644-0787
District 12	Matt Paxton	Unioto High School	740-773-4105
District 13	Mike Beaty	Meadowdale High School	937-654-0660
District 14	Jeff Timmers	Cin. Mariemont High School	513-272-7600
District 15	Paul Barney	Toledo Christian High School	419-389-8700
District 16	Al Riffey	Vincent Warren High School	740-678-2393

WELCOME TO THE CLINIC!

Wayne Clark, Chairman

Welcome to the largest track clinic in the USA! We may take for granted we will have an outstanding clinic every year, however, you need only attend clinics in other states to realize how lucky we are here in Ohio. This year's clinic is dedicated to Dr. Dan Ross, Commissioner of the OHSAA in appreciation of his leadership of the OHSAA and support of the OATCCC and the work we have tried to advance on behalf of cross country and track & field athletes in Ohio. Thank you Dr. Ross!

Your OATCCC Executive Committee works very hard to provide a quality clinic for you. In the column to the right, please take note of the special certification classes being offered in response to the many new requirements being placed on coaches.

Additionally—we have tried to bring you the most current, research and practical training based experts we can find in each of the four event areas. This year's lineup promises to be one of our best.

Let me take this moment to personally thank you for attending and I hope that you have fantastic Indoor and Outdoor Track and Field seasons!

Sincerely,
Wayne Clark
wclark002@columbus.rr.com

SPECIAL PRESENTATIONS

Help your kids with recruiting!
Main Hallway

This is the second year our Clinic has invited college coaches from around Ohio to have the opportunity to meet our high school coaches and talk about their athletes. At the time of printing, over a dozen college coaches have committed to this endeavor. STOP BY!

Sports Medicine / Pupil Activity Supervisor's Class
Saturday, 8:15-10:15—Magnolia Room

This class meets the sports medicine requirements for the PAS Certification. **There is a $20 fee for this class** that is not covered by your clinic registration. Likewise, you do not have to be registered for the clinic to attend.

Pole Vault Certification
Saturday, 8:15-10:15—Room C-D-E

This class meets the three year renewal requirement of pole vault safety certification and rules updates.. **There is no fee for this class** as it is covered by your clinic registration. You will need to show your clinic badge to attend.

OAT&CCC COMMITTEES AND CHAIRPERSONS

Track & Field Clinic Director	Wayne Clark	**Cross Country Clinic Director**	Carson Cheek
Indoor State Championship Meet	Jeff Sheets	**Hall of Fame Chairperson**	Neal Charske
Mid-East Cross Country Director	Neal Charske	**Scholarship Chairperson**	Bob Karl
Awards Chairperson	Diane Krumpak	**Historian**	Carson Cheek
Academic All-Ohio	R. Scott Williamson	***The Runner* Editor**	Dave Kirk
College Liaison	Kris Boey Ohio Wesleyan Univ	**OHSAA Liaison**	Dale Gabor OHSAA, Director CC/TF
Mid-West Track Meet Coordinator	Lori Robinson Thomas Worthington HS	**S.E.I. Chairman**	Jeff Sheets
Pole Vault Safety Clinics	Marty Dahlman	**Web Site**	Bob Hollen, Andy Cox Ed Lidderdale
Cross Country Poll	Dugan Hill	**Constitution / Bylaws**	Vern Kiehl

A complete contact list of phone numbers and addresses for these people can be found at:

http://www.oatccc.com/info.html

Clinic Notes

General Membership Business Meeting

Jeff Sheets, OAT & CCC President

The General Meeting of the OATCCC will be held on Thursday night at 9:30pm. This meeting is open to all members of the Association and any changes to the OATCCC Constitution and Bylaws brought forward by the Executive Board will be voted on at this meeting. You are encouraged to come! The agenda for this meeting is as follows:

AGENDA FOR THE GENERAL MEMBERSHIP BUSINESS MEETING

State Track & Field Clinic
Easton Hilton, Room A
Columbus, Ohio

Thursday, January 26, 2017—9:30pm

Call to Order	Sheets
Secretary's Report	Joseph
Treasurer's Report	Lehman
Standing Committee Reports	
Historian	Cheek
Membership	Joseph
District Representatives Intro	Shets
State of CC/TF - Proposals	Sheets
Mid East Championships	Charske
Midwest Meet	Robinson
Indoor Track Championships	Sheets
The Runner	Kirk
Scholarship Committee	Karl
Web Site	Hollen / Cox / Lidderale
S.E.I.	Sheets
Cross Country State Meet	Oerhtman
College Liaison	Boey
T & F Clinic	Clark
State T & F Meet	Oehrtman
For the Good of the Sport	Sheets
Adjournment	Beaty

Support our Sponsors!

TRACK&FIELD
M-F Athletic
UCS
TRACK & FIELD, SPORTS AND RECREATIONAL PRODUCTS
asics
OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

Clinic Notes (Cont'd)

Other Clinic Notes

MF Social / Karaoke Night
Thursday, 10:30pm-12:30am (Juniper Room, Easton C-D-E)

Always a favorite. Come share a song with your fellow coaches.

Athletes in Action - Tim Coleman & Tim Ellis
Friday, 7:30 - 8:15am (Magnolia Room)

The Fellowship of Christian Athletes will have a breakfast meeting beginning at 7:30am in the Magnolia Room of the Hilton. Fellowship and good feelings are free - Vasco Paving will be sponsoring this breakfast gathering.

Rules Interpretation Meeting
Friday (By Division—check your Clinic schedule for room and time!)

You must be registered and wearing your clinic badge to enter this meeting. Meetings will be done by division and this year on a staggered time schedule. Therefore—please check the Clinic schedule for the appropriate room and time. You may stay in the room of the session you were attending. . No one will be admitted once the meeting has begun and you must stay for the entire time to receive credit. Don't forget your OHSAA cards that came in your Rules Interpretation packet!

UCS Social
Friday, 9:30-12:30am (Easton B)

Academic All-Ohio Results from 2016 Cross Country

R. Scott Williamson, Chairperson

Our endeavor in honoring our scholar-athletes with the distinction of academic All-Ohio has been very successful. The OAT&CCC proudly recognized nearly 500 student athletes at this fall's State Cross Country Meet. This was a very proud moment for these athletes, their parents, and their coaches. Congratulations to all! The 2016 Cross Country recipients are posted on the Association website (www.oatccc.com). For a complete list of all honorees, please see our display in the hospitality room at the clinic. We were the first coaches' association in Ohio to celebrate our athletes' scholastic abilities as well as their athletic excellence. Over the past 22 years, our program has grown to where we recognized nearly 1,200 Ohio student-athletes last year as Academic All-Ohio. We have received many positive comments on this program and with the coaches' help, we are looking for even better results this spring.

In the Clinic and spring edition of *The Runner*, and in your outdoor track Regional packets (in May), you will find an application form. If you do not find this form, please question your regional meet manager as this form has been made available to all regional managers. If you have a State Meet bound athlete who is eligible for this award, you must bring the completed form to the OAT&CCC table at the State Meet. Also bring the athlete with you to receive their certificates. It is the responsibility of the coach to have the eligibility form signed by the school principal or a guidance counselor. No athlete will be entered into our records whose grade point average has not been correctly figured on a 4.000 point scale. This can and must be done.

These records are made available to interested college coaches upon request and are posted on the OAT&CCC website.

Mid East Cross Country Championships
Neal Charske

The Thirtieth Annual Mid-East Cross Country Meet was held in Kettering on November 19, 2016 on a cold, windy day that in spite of some sleet, still saw fast racing.

Meet Director, Neal Charske reports that the individual winner of the girls race was Emma Earnhardt of Geneva Community HS (ILL) in a time of 18:33. The winner of the boys division was Noah Jacobs from Corunna HS (MI) in a time of 15:41. In the team scoring, Ohio finished 3rd in the boys race with 85 points. Michigan won the event with 18 points while Indiana finished 2nd with 55 points. Illinois finished 4th with 100 points. In the girls race, Ohio also finished 3rd with 49 points in a tight race. Michigan won the team title with 41 points followed by Illinois with 46. Indiana scored 108 points to finish 4th.



Noah Jacobs and Emma Earnhardt
2016 Mideast XC Champions

Photo courtesy of http://oh.milesplit.com/articles/197072

Top scorers for the Ohio girls were Teryn Cullings (Medina) - 2nd (18:34), Ellie Brush (Mason) - 6th (18:46), Mimi Reimers (Shaker Heights) - 8th (18:49), Hannah Rasmussen (Kings) - 13th (18:58), and Kyleigh Edwards (Fairfield Christian) - 20th (19:04). The Ohio boys top finishers were Tyler Polman (Independence) - 9th (16:06), Mike Laughlin (Dayton Carroll) - 15th (16:16), Connor Delahanty (Lake Local) - 18th (16:19), Matt Bull (Mentor) - 20th (16:21), and Ben Ewert (Beavercreek) - 23rd (16:22).

For a complete listing of the Mid-East results, check with our OATCCC website, or at the following address:

http://www.mideastxc.com **AND** **See all of the Meet photos here**

Ohio Well Represented at the Foot Locker Midwest Regionals
India Johnson of Hilliard Davidson qualifies to the National Championships

A number of Ohio runners gave up part of their Thanksgiving break to make the trek to the University of Wisconsin-Parkside in Kenosha on Saturday, November 26, 2016. There was a bit of a headwind which caused the leaders to be strategic at the start of the race, but with race time temps in the upper 30's and a dry surface, times were still fast.

In the boys team race, Ohio got their scoring from Hunter Moore (Westerville, 13th), Chad Johnson (Colonel Crawford, 14th). Lucas Bons (Dublin, 17th), Matt Scrape (Pickerington, 18th), and Zach Kreft (Sunbury, 20th). Owen Krewson (Sandusky, 52nd) and Nate Kawalek (Chardon, 58th) rounded out the Ohio top seven. With a total of 82 points, Ohio finished third behind Illinois (26) and Michigan (80). Wisconsin (109) and Indiana (221) rounded out the top five

In the girls team race, Ohio finished 5th with 157 points. Team champion Michigan (38) was followed by Illinois (68), Indiana (148), and Colorado (153). Wisconsin (163) and Minnesota (166) were 6th and 7th in a tight team race.

Ohio scorers were led by National Championship qualifier India Johnson (Hilliard Davidson, 2nd), Morgan Gigandet (Troy, 15th), Alicia Neumeier (Middletown, 44th), Ashley Rulison (Burton, 71st), Allison Guagenti (Powell, 82nd), and Lindsey Ott (Lewis Center, 86th). Sugarcreek teammates Ariel Wentworth (93rd) and Jocelyn Miller (94th) rounded out the Ohio top seven.

Good luck to India Johnson in San Diego, and congratulations to all of you on an outstanding cross country season! You represented yourselves and Ohio well!!



India Johnson
Midwest Regional National Qualifier

Photos courtesy of
http://www.footlockercc.com)

Foot Locker Nationals Once Again Features an Ohio Athlete

India Johnson (Hilliard Davidson HS) competes at the National Championships

Congratulations to India Johnson of Hilliard Davidson High School on her qualifying effort to the Foot Locker Cross Country National Championships held at Balboa Park, San Diego, California, on December 10, 2016.

In qualifying to this event, these athletes had to finish in the top 10 at the Midwest Regional held in Kenosha, WI on November 26th during the Thanksgiving holidays. India finished in 2nd place with a time of 17:36.

At the National Championships, India finished in 4th place running 17:45.4 and finishing first for the Midwest contingent just ahead of Ann Forsyth of Michigan who had beaten her at the Regional. Her finish earns her All American recognition. The overall winner was Claudia Lane (Malibu HS, CA) in 17:04.8. Midwest runners were third in the Regional race with the top five scoring 62 points. The South (39) and Northeast (51 led the way and the West finished in fourth with 69 points.

To you, India —good luck with your collegiate career. However, before you go, please know how proud Ohio is of the way you represented yourself, your school, your community, and all of us in Ohio.



India Johnson at the

Photo courtesy of the Foot Locker Cross Country National Championship website (http://www.footlockercc.com)

2015—2016 OHIO GATORADE ATHLETES OF THE YEAR

Looking back at last year's winners

(Photos courtesy of these athletes' hometown newspapers—Track photos courtesy of Gatorade.com)



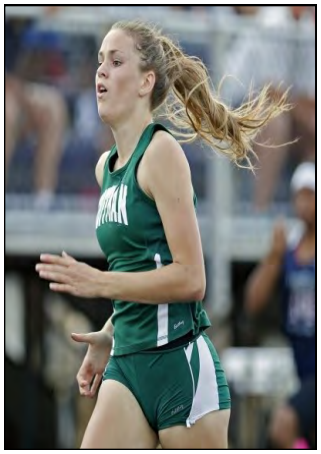
Abby Nichols
Kettering Alter HS

Ohio Athlete of the Year
2015 Cross Country



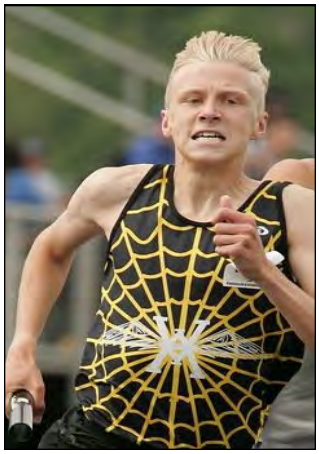
Andrew Jordan
Watkins Memorial HS

Ohio Athlete of the Year
2015 Cross Country



Abbie Steiner
Dublin Coffman HS

Ohio Athlete of the Year
2016 Track and Field



Andrew Jordan
Watkins Memorial HS

Ohio Athlete of the Year
2016 Track and Field

Support our Sponsors!

2016 DISTRICT COACHES OF THE YEAR

		GIRLS TRACK & FIELD		BOYS TRACK AND FIELD
1		Charles Penny, Warren Harding HS		Mark Brungard, Poland HS
2		J.P. Morgan, Kirtland HS		Chuck Kyle, St. Ignatius HS
3		Garth Gucker, Cloverleaf HS		Chris Beery, Wadsworth HS
4		Randy Crawford, St Thomas Aquinas HS		Angelo Perzolli, St. Thomas Aquinas
5		Chris Woolf, Carrollton HS		Mike Aukerman, Carrollton HS
6		Jody Grove, Colonel Crawford HS		Todd Roston, Galion HS
7		Jared Krout, Liberty Benton HS		Mark Cook, Wapakoneta HS
8		Doug Joy, John Glenn HS		Toni Ciroli, St. Clairsville HS
9		Melissa Sherrock, Kenton Ridge HS		Jen Dietrich, Mechanicsburg HS
10		Roger Whittaker, Gahanna Lincoln HS		Kathryn Slaven, Dublin Coffman HS
11		Jim Greene, Granville HS		Jay Sherad, Pickerington Central HS
12		Louis Reed, Washington Courthouse HS		Jason Wells, Circleville HS
13		Christopher Watson, Miami Valley HS		Keith Clack, Dayton Stivers School of the Arts
14		Tim Crooke, Withrow HS		Lori Spence, Northwest HS
15		Andrea Monheim, Perrysburg HS		Jeremy Elliott, Whitmer HS
16		Josh Fogle, Reedsville Eastern HS		Joel Denny, Fairfield Union HS

DISTRICT		GIRLS CROSS COUNTRY		BOYS CROSS COUNTRY
1		Steve Hill, Ashtabula Edgewood HS		Dave Deeter, Maplewood HS
2		Sarah Kmet, Twinsburg HS		Brian Sabol, Solon HS
3		Kerry Hunter, Brunswick HS		Milt Place, Medina HS
4		Jeff Howard, Woodridge HS		Jeff Howard, Woodridge HS
5		John Williams, Minerva HS		Bruce Crile, New Philadelphia HS
6		Denise Benson, Lexington HS		Dean Kesler, Carey HS
7		Jessica Magoto, Minster HS		Dan Hemmeigarn, St. Henry HS
8		Dugan Hill, Caldwell HS		Chrissy Lewis, Martins Ferry HS
9		Howard Russ, Beavercreek, HS		Dennis Prenger, Fort Laramie HS
10		Nathan King, Hilliard Davidson HS		Bill Darling, Thomas Worthington HS
11		Chrissy Rogerson, Granville HS		Scott Brown, Heath HS
12		John Williams, Zane Trace HS		Raymond Friend, Leesburg Fairfield HS
13		Dave Dobson, Centerville HS		John Agnew, Carroll HS
14		Chip Dobson, Mason HS		Andy Weitmarchen, St Xavier HS
15		Brannon Wurster, Toledo Notre Dame Acad		Obee Mouser, Defiance HS
16		J.D. Walters, Sheridan HS		Rob Myers, Fairfield HS

Support our Sponsors—click the logo to see them!

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

U.S. TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION

First To The Finish.
The Complete Source for Track and Field

MF ATHLETIC
Everything Track & Field

2017 Indoor State Championships

Jeff Sheets, Heath HS

The OATCCC will sponsor its ninth annual State Indoor Track and Field Championships on Saturday, March 4th, at the University of Akron. This year's schedule will feature the DII/III Meet in the morning followed by the Division I Meet in the afternoon and evening—a reversal of the 2016 Championship format so make a note to yourself!

The Top 35 list of each event and for declarations for the State Championship will again be maintained throughout the course of the indoor season so athletes and coaches can track their progress. A change carried over from past meets includes the acceptance of results from some out-of-state meets and this will continue in 2017. For example, many Cincinnati schools run at the University of Kentucky and this year, those results will again be accepted—but check ahead of time!

The facility at Akron includes a 300M track, seating for 1200 spectators, and available areas to hold all field events at the same time. Mr. Paul Hammond, Assistant Athletic Director for Facilities, and Mr. Jeff Sheets are collaborating to maintain fees at last year's levels.

The University of Akron provides an absolutely outstanding state championship venue along with a very well organized format and structure for the meets. The State Championships are very professionally organized and it is the desire of the OATCCC Executive Committee to offer another opportunity for Ohio athletes to showcase their talents. Good luck—and see you at Akron!

Midwest Meet of Champions—Preparing for 2017

Lori Robinson, Thomas Worthington HS

The 2017 Midwest Meet of Champions will be the third of the meet's four-year cycle in Ohio hosted by the OATCCC. The meet is scheduled for Friday/Saturday, June 9/10, 2017, at Ohio Wesleyan University in Delaware, Ohio. This competition showcases senior talent from the states of Ohio, Indiana, and Michigan. We are also hopeful that past participants—Pennsylvania, West Virginia, and Illinois - might re-join us in the near future.

In 2016, Team Ohio's men's and women's squads combined for 381 points to outscore Team Michigan's 326.5 and Team Indiana's 240.5. In the women's meet, Ohio three-peated with 187 points followed by Michigan with 168 and Indiana with 120. The women won seven of the events including three of the five field events. In the men's meet, Ohio made it five Championship titles in a row with 194 points ahead of Michigan's 158.5 and Indiana's 120.5. Ohio's male athletes won six of the seventeen events including 1-2-3 sweeps in the 1600 and pole vault and Tyler Johnson's double in the 100M and 400M.

For a complete list of results, rosters and photos from the meet, **click here.**

BE A PART OF IT IN 2017 — AND HERE IS HOW:

1. Coaches should make the Midwest staff aware of their athlete's contact information by (A) filling out and dropping off a "Quick Fact" questionnaire at our table during the Clinic weekend and/or the Indoor Championships (B) go to our team website by clicking here or to the Association website and fill out an on-line questionnaire (C) or directly contact Lori Robinson of Marysville High School
2. Speak early with your senior athlete and his parents about *holding that date*. Please don't schedule a graduation party for these days!
3. Be certain to DECLARE by filling out a quick DECLARATION FORM at the Midwest Meet tent during the State Outdoor Championships. For your convenience, the Midwest Staff will be setting up the tent early on Thursday afternoon. Our goal is to receive 95% of the declarations prior to the start of the meet.

HOPE TO SEE YOU THERE—AND GO TEAM OHIO!

Track and Cross Country Coaching Longevity Awards
Mike Beam, Chairperson

The OAT & CCC wishes to recognize the coaches who have many years of devoted service. If you meet the following criterion or if you know of another coach who qualifies—whether active, retired, or deceased—report to the "Awards" display area at the clinic, or contact Mike Beam at:

Mike Beam
Morgan High School
8005 Raider Drive
McConnelsville, Ohio 43756
mc-beamm@seovec.org

The awards are as follows (application on page 11):

CERTIFICATE: A coach who has coached 20 years in one sport (track or CC) or 30 combined seasons of both can receive a certificate at the Awards display

LAPEL PIN: A coach who has coached 25 years in one sport or 40 seasons of both can receive a lapel pin at the Awards display.

PLAQUE: A coach who has coached 30 years in one sport or 50 combined seasons of both and if they have

OAT & CCC Marvin Crosten Scholarship Applications
Bob Karl, Scholarship Chairperson

The OAT & CCC Marv Crosten Scholarship program was established to recognize the outstanding sons and daughters of OAT & CCC members with scholarship awards. Named in honor of long-time coach and OAT&CCC officer, Marv Crosten, this scholarship program is available for students currently in their senior year of high school or their freshman year of college. The scholarships are for one year only and the parent-coach must have been an active member of the OAT&CCC for three consecutive years directly prior to the application being filed.

The individual scholarship awards will be given in recognition of outstanding athletes, coaches, Hall of Fame members, Ed Barker Award recipients, and the current OAT&CCC president. This is done in order to honor many of the positive contributors to our two sports over the years. The amount of the scholarship is $1,000. It is a privilege to be able to help these young people as they further their education at the collegiate level.

The OAT&CCC scholarship committee is accepting applications for the 2017 awards. The deadline for applications to be returned to the scholarship committee is April 1, 2017. Click here for applications and send to:

Bob Karl, OAT&CCC Scholarship Chaiperson
3005 Laplata Drive
Kettering, Ohio 45420

2016 OATCCC FRED DAFLER AWARD WINNERS

GIRLS' TRACK	BOYS' TRACK	GIRLS' CROSS COUNTRY	BOYS' CROSS COUNTRY
Tom Loy East Canton HS	Michael Gray Warsaw River View HS	Josh Fogle Eastern-Reedsville HS	Mike Aukerman Carrollton HS

Congratulations to all of our Career Coaches of the Year!
It is a privilege to honor you for your years of dedication and accomplishment.

Ohio Association Of Track And Cross Country Coaches

TRACK AND CROSS COUNTRY COACHING LONGEVITY APPLICATION

The OAT&CCC wishes to recognize the coaches who have many years of devoted service. Coaches who meet the following criteria or know other coaches who have qualified are urged to contact the longevity chairman at the Awards Display Area at the OAT&CCC clinic in January. Coaches to be considered may be active, retired, or deceased. Coaches may should send this form with the information at the bottom of the sheet to Mike Beam through his e-mail address (mc-beamm@seovec.org)

QUALIFICATIONS:

1. In one of two categories - in a single sport, or combination of both sports.
   A. If you have coached **either** Track **or** Cross Country **for 20 seasons or more**;
   B. If you have coached **both** Track and Cross Country **for a combined 30 seasons or more**.
2. All seasons of coaching are included: Jr. High, High School, and College - head or assistant positions
3. Count out of state coaching only if you have been coaching in Ohio for more than ten years.
4. Count only one season per year if you coach both boys and girls teams - or jr. high and high school teams. Please be careful not to double count the number of seasons.
5. Do not count indoor track as an additional season if you coach track.

OAT & CCC LONGEVITY AWARDS:

CERTIFICATE AWARD: A coach has 20 seasons in one sport (*either* track *or* cross country), or 30 combined seasons (in *both* track and cross country) can receive a certificate at the Awards Display Area at the OAT&CCC Clinic. The certificates can be updated every five years and at retirement.

LAPEL PIN AWARD: A coach who has 25 seasons in one sport (*either* track *or* cross country), or 40 combined seasons (in *both* track and cross country) can receive a certificate at the Awards Display Area at the OAT&CCC Clinic.

PLAQUE AWARD: A coach who has 30 seasons in one sport (*either* track *or* cross country), or 50 combined seasons (in *both* track and cross country) can receive a plaque if they have accomplished either during the most recent school year. A coach who may qualify in both criteria may purchase a second plaque by contacting the Longevity Committee Chairperson. The coast is approximately $25.

Coach _____ **School**_____

Home Address _____ **Home Phone** (_____) _____

_____ **E-Mail Address** _____

History	Schools	Level	Years	Total
T & F	_____	_____	19____ - _____	_____
T & F	_____	_____	19____ - _____	_____
T & F	_____	_____	20____ - _____	_____
CC	_____	_____	19____ - _____	_____
CC	_____	_____	19____ - _____	_____
CC	_____	_____	20____ - _____	_____
			Total seasons	_____

CLASS OF 2017 HALL OF FAME

Neal Charske, Chairperson

The OAT&CCC Hall of Fame is an impressive display of names and pictures of its members now featured at the Jesse Owens Track Facility at Ohio State University. Inductees are also featured on the association website at http://oatccc.com. Members of the Hall of Fame, as well as the Ed Barker Award winners, are voted on by the Executive Board who receive the nominations from the district representatives. If you have someone you would like to nominate for the Hall of Fame, please see your district representative and fill out the special form by June 30th of the year for which you are asking consideration.

Sunni Olding



When Sunni Olding left Minster High School in 2004, she left behind a spectacular string of championship level performances rarely seen in state track & field history.

In cross country, Sunni was a three time State Champion and led the Minster Wildcats to team state championship titles in two of those years. On the national stage, Sunni qualified from the Foot Locker Midwest Regional to the National Championships in San Diego where she twice earned All-American honors. Her senior year, she was chosen as the National Cross Country Runner of the Year.

In track, she was even more spectacular. Minster won the state championship title all four years of her career led by her nine individual State Champion titles and three State Runner-up titles. Her four 1600M titles made her only the ninth athlete in Ohio history to win the same event all four years and she was undefeated in the 4 x 800M, 1600M, and 3200M throughout her junior and senior years. Her 10:32.75 3200M from 2003 remains the Division III record today. Nationally, Sunni won two national 3200M titles and was named USA Today All-American her junior and senior years. She was invited to train at the US Olympic Training Center in Chula Vista, CA and was named by JJ Huddle as one of the top five athletes of the 2000-2010 decade.

Continuing her career for Notre Dame, Sunni earned All American honors her freshman and sophomore years. Injuries her junior and senior years hindered her final seasons, yet she was still awarded Notre Dame's Top Gun academic award winner as well as named an ESPN Academic All-American for graduating with Summa Cum Laude honors.

Sunni continues to live in Minster, still runs, and remains an inspiration to the young athletes of the Minster tradition.

Lincoln Cobb



They say that when Albert Einstein died, he was still trying to figure out gravity. Shoot—all he had to do was go to Pettisville High School and Lincoln Cobb could have helped him with that, or at least with the part of how to overcome it.

Pettisville did not have a track of any type during Lincoln's first three years of competition, so it was pretty tough to work on the specifics of such a technical event as long jump. Despite this lack of facilities, Lincoln won the State Champion title in the 1989 long jump as a sophomore and then came back to repeat as State Champion as a junior. Also in his junior year, Lincoln qualified to the State Meet in the 100M and 200M events where he qualified to the finals and finished third in both events earning Pettisville a 3rd place team finish and just missing the podium.

Not bad for a kid with no track. What if he had the advantage that so many others take for granted? To find out, the summer between his junior and senior year, Pettisville built an eight lane track & field facility largely with the help of volunteer labor of which Lincoln and his dad put in more than their share of man hours. And it paid off—

In 1991, Lincoln was again the only entrant in the Division III State Championship from Pettisville. But—when you know how to beat gravity, one entrant is all you need. At the end of the day, Lincoln had won the long jump for a third time, added another state title in the 100M, taken second in the 200M, scored 28 points, and won the State Championship team trophy for Pettisville. Currently, this 1991 trip to the podium is the only team title in Pettisville's track & field history.

Lincoln's 23' 9¾" stood as a State Record until 2011 and his Miami University record jump of 24' 5" stood until 2002. Final count: four championship titles, one runner-up title, and one team title.

Lincoln now lives in Mason, Ohio.

CLASS OF 2017 HALL OF FAME (Continued)

Neal Charske, Chairperson

Marv Frye



Marv Frye has been a winner all of his life as an athlete and a coach.

As a high school athlete in basketball, he helped Akron Ellet HS win the 1944 Ohio Class B Championship and District titles in 1946 and 1947. He lettered in track and basketball at Heidelberg before graduating in 1951, did two years at Bellville HS as head coach in basketball and track, and then returned to Heidelberg where he helped the football team win Ohio Athletic Conference Championships in 1954, '56, and '59. His 1960 track team went undefeated and also won the OAC. For these accomplishments, Marv was inducted into the Heidelberg Hall of Fame in 1995.

In 1960, when he went to Ohio Wesleyan to take over the head track and field coaching job is when Marv made his mark on track and field in Ohio. Over the next 37 years, he built Ohio Wesleyan into a perennial power in the OAC, and now the North Coast Athletic League. The regard in which he is held as an educator, mentor, role model, and friend to hundreds of OW athletes was perhaps best demonstrated in 1985 when his athletes donated nearly $300,000 to build the all-weather track at OWU, twice the site of the DIII National Championships as recently as 2014.

Marv's teams won three NCAC titles. He has coached 123 conference champions, 25 NCAA Division III All Americans, two Academic All Americans, and seven National Champions. His athletes still hold 14 of the 22 school records. Marv has been named NCAC Coach of the Year on two occasions ('90, '96), and was inducted into the Ohio Wesleyan Hall of Fame in 1997.

In 1974, he was elected as the first ever president of the DIII TF Coaches Association. H e served as host and meet director for the 1984 NCAA Cross Country Championships and also served as Meet Director of the All Ohio XC Championships for 37 years. Marv is also highly respected for the 24 times he has served as referee for the NCAA National Championship Meet.

Marv and his wife, Ellen, live in Delaware, Ohio.

Ira Wentworth



When a young athlete has that early appreciation of the gifts which they have been given and a burning desire that every race be worthy of and reflect the appreciation of those gifts, there will be a dedication and work ethic bound to yield a special level of success. Such an athlete was Zanesville's Ira Wentworth.

From 1985-1989, Ira posted a stellar high school career in both cross country and track & field. A three time AAA state qualifier in cross country, Ira earned All Ohio honors finishing sixth as a junior and as State Runner-up his senior year. In track and field, he dominated AAA distance running at the 3200M distance and won State Champion titles in that event in both his junior and senior year posting a high school PR of 9:14. Ira also posted a 4:20 1600M along the way.

Choosing to continue his education and running at Malone, Ira became one of those athletes who excelled at the longer races offered by the collegiate format. In cross country, he became only the second athlete in school history to earn NAIA All American honors in each of his four seasons of competition. Individual titles include Mid Ohio Conference champion (1995), All Ohio XC Meet champion (1990), and NCCAA Nationals Champion (1990). His 31:14 10K PR was the Malone cross country record until 2014. In track, Ira was a multiple NAIA Indoor and Outdoor All-American posting a 13:53 5000M PR at the Penn Relays (5th place) which still stands as Malone's school record. In 1990, he won the NCCAA championship title in the 1500M and went on to win the 1991 NAIA National Runner-up title. His 3:50.4 1500M performance remains 4th on Malone's performance list and his 4:10 indoor mile record now ranks 3rd.

Ira has been recognized as Malone's Graduate School Alumnus of the Year (2008) and was inducted into the NAIA Athletic Hall of Fame and the Malone University Hall of Fame in 2004.

Ira continues to serve others as the Superintendent of the Indian Valley LSD. He and his family live in Sugarcreek, OH.

PLEASE JOIN US!

The OAT&CCC Hall of Fame Banquet will be held Friday, January 29, 2016 in rooms A-B of the Easton Hilton Hotel, from 6:30 - 9:30pm. Even if you are not coming to the banquet, please feel free to join us for the UCS social from 9:30pm - 12:30am in room Easton B. Come join the fun!

CLASS OF 2017 HALL OF FAME (Continued)

Neal Charske, Chairperson

Katy Radkewich Burkowski



Just when you think a program is about as good as it can get—because Beaumont sure was doing its share of winning through the 80's - along comes someone who not only elevates that championship program to a new level, but also raises the level of women's running in Ohio in general setting standards and goals which remain elusive 20 years later. Just such a runner was Katy Radkewich.

Katy led the Blue Streaks to State Champion cross country team titles all four of her years at Beaumont while destroying records in both Division I ('93) and Division II ('94, '95, '96). After finishing a State Runner-up as a freshman, she went on to win the individual State Champion title three times and her 16:59.8 remains the all time fastest 5000M race ever run by an Ohio athlete and the only time an Ohio athlete has broken 17:00. She is a member of a very select group of four-time Foot Locker National Championship qualifiers. Finishing 20th as a freshman, she returned over the next three years to win the Midwest Regional Qualifier twice before going on to earn All American honors with 7th, 3rd, and 2nd place National finishes. Her senior year, she also represented the USA at the World Cross Country Championships in South Africa, finishing 41st in the junior women's race.

In track, Beaumont won three more State Champion team titles behind three 3200M titles ('94, '95, '96), a 1600M championship title ('94), and two 4 x 800M titles ('94, '95). Track PR's included a 4:50.40 1600M and a 10:17.33 3200M State Record which stood until 2008. Her 10:27.5 State Meet time also remains the #4 all-time State Meet performance. In addition to her 3200M state titles, she also finished 2nd at the Penn Relays, 2nd at the Indoor National Championships, and 2nd at the Outdoor National Championships adding All American status to her resume in track & field as well as in cross country. A stress fracture cut her senior track year short and kept her from adding to this performance list. However, that's 16 times she had a State Champion medal placed around her neck as either an individual or team member. Not too bad.

Katy went on to run at Michigan where she was a six time letterman and recognized as All Big Ten in 2000. She currently lives with her husband and two sons in Orlando, Florida.

Michael Fernandez



Every coach's heart has a special place for their alma mater and given any chance to return, will usually do so. A 1989 Wayne High School graduate and former school record holder in the 300IH (39.4) and 4 x 400M (3:19.51), Michael returned to Wayne in 1991 as an assistant coach and then middle school coach. He took the assistant coaching job in 1993 and served in that capacity until 1998 when he was named head coach where he remains today. And the rest, as they say, has been history.

Michael brought a level of leadership and motivation that demanded his athletes bring their level of performance up to his level of expectation and they have responded over the years with a roll call of State Championship level performances as well as two Olympic Trials qualifiers (Darien Thornton and Alexis Thomas)

Michael's Warriors have sent 241 athletes to the State Championships with 75 of them earning All Ohio honors including 12 State Champions (11 individuals and one relay) and nine State Runner-up performances including two relays. The indoor track & field program at Wayne has also flourished under Coach Hernandez with 10 individual State Champions at the OATCCC Indoor TF Championships. Michael has had five 4 x 55M Shuttle Hurdle relay champions at the New Balance National Indoor TF Championships as well as another six individuals who placed top six, a total of eleven All American honors in Indoor Track and Field.

Michael has coached Team Ohio to Midwest Meet of Champions title in 2014, '15, and '16. He continues to coach at Wayne High School and lives in Huber Heights, OH.

Wayne High School Team Titles:

District Champions: 26
Regional Champions: 6
State Champions: 1

District Runner-up: 8
Regional Runner-up: 3
State Runners-up: 1
OATCCC Indoor State Runners-up: 1

Visit the OAT & CCC Hall of Fame at: http://www.oatccc.com/halloffame

2017 ED BARKER AWARD

Neal Charske, Chairperson

*The OAT&CCC Hall of Fame is located at the Jesse Owens Stadium on the Ohio State Campus. Members of the Hall of Fame are featured on the association website at **www.oatccc.com**. Members of the Hall of Fame, as well as the Ed Barker Award winners, are voted on by the Executive Board who receive the nominations from the district representatives. If you have someone you would like to nominate for the Hall of Fame, please see your district representative and fill out the special form by June 30th of the year for which you are asking consideration.*

Ed Barker and the OATCCC's Highest Award

The OATCCC Association was started in 1941, the brainchild of Ed Barker for whom we use his name as an acknowledgement to the individual who has shown the most exceptional service to the OATCCC and to the sports of Cross Country and Track & Field in Ohio.

Edgar C. "Ed" Barker was elected to the HOF in 1988 as a member and prime organizer of the committee that organized the Ohio Track Coaches Association. He served as secretary and treasurer of the association as well as the editor of "The Ohio Trackster," the only means of communication between Ohio coaches at the time. He conducted numerous surveys concerning track and was responsible for presenting the coaches' views to the OHSAA. He was a successful high school track athlete as well as an official.

The first clinic was held in the spring of 1942, the same year that the OATCCC began recognizing the top five finishers in each event with a certificate. The All-Ohio emblems were added later.

The association newsletter, originally called *The Ohio Trackster*, was first published in 1946 and Ed Barker was its first editor.

The Ed Barker Award was established in 1964 and each year until now, we have recognized an individual who has demonstrated great contributions to our sports of cross country and track & field.

If you have someone in your District who you feel is worthy of this honor, please write out your letter of recommendation and submit them to your District representative by June 1st so they can submit them prior to the June 30th deadline.



Ed Barker

First To The Finish.
The Complete Source for Track and Field

The OATCCC says,
"THANK YOU!" to FIRST TO THE FINISH -
Sponsor and uniform supplier to our teams at the MidEast Cross Country Championship
Thanks for helping our champions *look* like champions!

OHSAA SPORTSMANSHIP, ETHICS, AND INTEGRITY AWARD WINNERS

GIRLS' TRACK	BOYS' TRACK	GIRLS' CROSS COUNTRY	BOYS' CROSS COUNTRY
Preston Foy Colonel Crawford HS	Bob Bergstrom McClain HS	Dugan Hill Caldwell HS	Milt Place Medina HS

Congratulations—and thank you! Your outstanding traits of ethical behavior and integrity in your duties and responsibilities are a credit to our profession.

2016 CROSS COUNTRY CLINIC

Carson Cheek, Clinic Director

If you missed the 2016 Cross Country Clinic, then you missed another outstanding day in Dayton. The featured speaker was Dr. Chris Stankovich, professional athletic counselor, media personality, and author in the field of sports performance science. Dr. Stankovich, from Columbus, joined other outstanding Ohio coaches, Dugan Hill (Caldwell), Andy Wolf and Kerrie Lee (Anderson), and Victoria Guggenbiller (Lorain).

The number of coaches attending the Clinic was reported at over 150 participants making the Ohio Distance Clinic the largest single day cross country clinic in the nation. A special thanks goes out to Blue Star whose continuing sponsorship helps make this weekend a success. Also thanks to *Run Ohio* who provides much appreciated help in spreading information about this clinic.

In 2017—the clinic will once again be held in conjunction with the Mid East Cross Country Meet and sponsored by MF Athletics.. Please mark your dates: Friday, November 17th is the Cross Country Clinic and Saturday, November 18 will be the 31st Mid East Championship.

Coaches—start getting your seniors signed up now for the Meet, come down for the Clinic, and then stay and support your athletes! Stay tuned for updates in the fall edition of *The Runner* concerning hotel information and speaker format.

Any questions, please feel free to contact Carson Cheek at (419) 305-5797.



Dr. Chris Stankovich

Image courtesy of http://drstankovich.com/

2016 DISTINGUISHED SERVICE AWARD WINNERS

Nominations for this award are submitted to the District Representatives and winners are announced—odd numbered districts in odd years, even numbered districts in even years.

DISTRICT 2	Paul Heyse
DISTRICT 4	Ray Jeske
DISTRICT 6	Mike Kempf
DISTRICT 8	Wally McCauley
DISTRICT 10	William Mosca
DISTRICT 12	Mike Smith
DISTRICT 14	Micky Geier
DISTRICT 16	Craig Dunn

Thank you for all you have done over the years on behalf of The sports of cross country and track and field!

WENDY'S HEISMAN AWARD—STATE WINNERS

R. Scott Williamson, Academic All-Ohio Chairperson

Ask any cross country or track coach and they will tell you how much the effort and work ethic exhibited by their athletes translates directly to the classroom. In a continuing effort to recognize the efforts of the athletes in our sport off the field as well as on, the OATCCC would like to take this moment to recognize Makayla Trabella of Girard High School who was selected as the Ohio Heisman Award winner for 2016. This marks the third year in a row an XC/TF female athlete has represented Ohio for this award.



Makayla Trabella

This award recognizes seniors from any of the nation's 29,000 public and private high schools whose credentials and qualifications are reviewed by Scholarship Management Services in cooperation with Wendy's. Students are judged not only for their athletic accomplishments, but also for their academic performance, extracurricular activity involvement, and community leadership. School winners, State Finalists, and State Winners are then selected. From this elite group of 50, twelve National Finalists are chosen to attend the Heisman Trophy Awards Presentation in New York City where the National Winner is chosen.

In Ohio over 300 students were chosen as their School Winner and from that list, twenty were chosen to be the State Finalists. Makayla was chosen from this group.

On behalf of the OATCCC and Ohio, great job and congratulations to Makayla—and good luck next year as you pursue your post secondary career! See your school counselor for more information!

OHIO ATHLETES RECEIVE US PARALYMPIC ALL-AMERICAN RECOGNITION

Dave Kirk, US Paralympics Liaison

U.S. Paralympics, a division of the U.S. Olympic Committee, selected 71 athletes in 155 positions from across the nation as 2016 US Paralympic High School All-Americans. This is the seventh year that U.S. Paralympics has honored the top track & field athletes with Paralympic-eligible impairments based off performances during the 2016 track season.

Grace Norman (Xenia Christian HS), AJ Digby (Otsego HS), Sammy Rhodes (Wooster Triway HS), Kaylee Hurley (McClain HS), and Eric Rine (Bowling Green HS) were the five athletes who gained honors in 11 slots leading Ohio to a 5th place ranking behind Washington (16), Colorado (15), California (14) and Illinois (12). Alabama followed Ohio with 10 selections and rounded out the list of states in double figures. Twenty-one other states had at least one selection in one spot.



Grace Norman

Additionally, Grace Norman and AJ Digby were selected to represent the USA at the 2016 Rio Paralympics this past September. Grace won the Gold Medal in the first ever Paralympic Triathlon and then came back on the track to win the Bronze Medal in the T43/44 400M. AJ competed in the T43/44 200M finishing in 5th place (21.93) and the 400M where he finished 4th in 47.34.

"No one may have thought of the impact four years ago that adding wheelchair events to the State TF Championship program would have on future students of Ohio," said Dan Schwieder, National Director of U.S. Paralympic Community Partnerships. Mr. Schwieder went on to talk about our two high school Paralympians and stated that although "they are not wheelchair users, they reaped the benefits from the awareness that the Wheelchair Division created about Paralympic sport and coaches working with these students to dream bigger and compete in Paralympic sport."

GREAT JOB OHIO!

asics

The OATCCC says,
"THANK YOU!" to ASICS -

The sponsor and uniform supplier to our teams at the Midwest Meet of Champion
Thanks for helping our champions *look* like champions!

Ohio Association Of Track And Cross Country Coaches

ACADEMIC ALL-OHIO AWARD
2017 OUTDOOR TRACK AND FIELD

ELIGIBILITY

1. You must have an accumulative high school G.P.A. of 3.5 or better to be eligible. Grades must be computed on a 4.0 scale and carried out to three (3) decimal places. If your school does not use a 4.0 scale, you must have your guidance counselor convert the average to an unweighted 4.0 scale equivalent. G.P.A.'s must be calculated at the end of each semester preceding the student's current season.
2. Athletes must qualify for the State Meet
3. Freshmen are not eligible
4. Only relay team members who competed at the Regional or State Meets are eligible.

Nomination Form

(Use this form for boys or girls - not both - and please write very neatly or type)

SCHOOL NAME _____ **DIVISION: I II III**

ADDRESS_____ **COACH'S NAME**_____

CITY _____ **COACH'S PHONE**_____

ZIP _____ **SCHOOL PHONE** _____

	STUDENT NAME	SEX	GRADE	GPA	EVENT (S)	(For OATCCC use only)
1.						
2.						
3.						
4.						
5.						
6.						

Principal's signature _____ **Coach's signature** _____

1. The coach is responsible for turning in this form at the OATCCC table at the State Track Meet. Please bring your athletes with you to receive their award at this time. Forms turned in after the State Meet will NOT be eligible.
2. The coach is responsible for having this form signed by the school principal or counselor.
3. The coach will have the responsibility of notifying their respective local media.
4. **G.P.A. cannot be over 4.000**

Ohio Association Of Track And Cross Country Coaches

Membership is for the calendar year, January 1, 2017 - December 31, 2017

DO NOT SEND THIS FORM IN IF YOU REGISTERED FOR THE CLINIC!

SCHOOL_____**TELEPHONE**_____

SCHOOL ADDRESS_____

CITY_____**ZIP**_____

Individual Memberships:

_____ $10 For each coach - list coaches on the lines below.

School Memberships:

_____ Enroll your entire staff! The price is still $10 each, but it says something about your staff!

Membership includes voting and Association privileges: Mid East Cross Country Championships, OAT&CCC Indoor State Championships, Midwest Meet of Champions, and the OAT&CCC Runner

---

		Coaching	**Position (please circle)**	
			Boys	**Girls**
1.	*Head / Asst*	*HS / MS*	*Track / CC*	*Track / CC*
Home address			*Phone:*	*E-Mail:*
2.	*Head / Asst*	*HS / MS*	*Track / CC*	*Track / CC*
Home address			*Phone:*	*E-Mail:*
3.	*Head / Asst*	*HS / MS*	*Track / CC*	*Track / CC*
Home address			*Phone:*	*E-Mail:*
4.	*Head / Asst*	*HS / MS*	*Track / CC*	*Track / CC*
Home address			*Phone:*	*E-Mail:*

Make checks payable to OAT&CCC

(Mail to address below if different than school)

Mail to: **Donna Joseph**
3822 Highland Avenue
Shadyside, Ohio 43947

_____
_____
_____

The Ohio Association of
Track & Cross Country Coaches

Dave Kirk, Editor
Galion High School

PRESORTED
STANDARD
U.S. POSTAGE

PAID

Permit No. 36
Lewis Center, Ohio

PLEASE ROUTE TO:

_____ Girls' Varsity Cross Country
_____ Girls' Varsity Track
_____ Girls' MS Cross Country
_____ Girls' MS Track

_____ Boys' Varsity Cross Country
_____ Boys' Varsity Track
_____ Boys' MS Cross Country
_____ Boys' MS Track