

The Runner

Volume VII, Issue I

Fall 2010, Cross Country Edition

Regular Features:

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- Letter from the Editor
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- Scholarship Information
- Academic All-Ohio Info
- OAT&CCC Membership Application

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STATE CHAMPIONSHIPS PREVIEW

And register your seniors for the Mid-East Meet!

DIVISION I MEN

Defending champion, St. Ignatius will be challenged by newcomers to the top of the coaches' poll, Medina, Elder, and La-Salle. Ignatius, currently ranked 4th, finds themselves squeezed between those three strong teams and Mason in the 5th spot. Zach Wills. will be going for his third individual title in Division I.

DIVISION I WOMEN

Defending champion, Magnificat, may have lost a lot of firepower up front—but nobody had better take them for granted as they attempt the threepeat. Still ranked #1 in the Division I poll, they will be hotly pursued by Mason and Toledo Notre Dame. Nobody in this race can afford a mistake. On the individual side of things and with last year's individual champion and runner-up gone, the top race here appears to be between Hannah Neczypor of North Royalton and Michelle Thomas of Cin. Glen Este who finished 3rd and 4th respectively in '09.

DIVISION II MEN

Defending champion—Woodridge—leads the way into the men's DII race and also seeks a threepeat in DII. Tough SVSM (7th in '09), Unioto (14th in '09), and Elyria Catholic (2nd in '09) are looking to spoil the party. Individually, if there is anyone out there who can beat Mike Bradjic of Bay—then this will be the upset of the day. Bradjic is trying to repeat his individual victory from '09 and finished nearly 40 seconds ahead of the next closest returning athlete from the '09 season.

DIVISION II WOMEN

The women's race features yet another defending champion coming into the race ranked #1 in the polls—St. Vincent St Mary.. The real competition in this race will be for second and features Woodridge, Coldwater, Rocky River, and Archbishop Alter all with a shot to make the podium. Somebody is going to have to be perfect. Individually, it's a coin toss also with six of last year's top ten returning and no clear favorite. Pick Maria Moore of Woodridge (the Boardman Regional Champion) to be a potential spoiler and steal the show!

DIVISION III MEN

Talk about a race completely up for grabs—who wants it? The top teams from last year are all back again to have at it—McDonald, Delta, and Independence. Watch out for Berkshire to make a run at being the podium spoiler. Likewise, the individual title could be up for grabs also as the Polman brothers of Independence attempt to repeat their domination of the top of the standings.

DIVISION III WOMEN

On the women's side of DIII, defending champion, Minster, also returns as a pre-race favorite and is likely to be the third team of the day to threepeat as State Champs. West Liberty Salem and perennial power Versailles will attempt to grab the next podium spot. Brittany Stockmaster of Seneca East has been a bridesmaid twice finishing second in '08 and in '09. Have to cheer for her here as a sentimental favorite—but she better run!

Good luck to everybody!

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

1 Ashtabula, Trumbull, Mahoning, Columbiana

2 Lake, Geauga, Cuyahoga

3 Lorain, Medina, Wayne, Ashland

4 Summit, Portage, Stark

5 Holmes, Coshocton

Carroll, Tuscarawas

Harrison, Jefferson

6 Erie, Sandusky, Seneca

Huron, Crawford, Richland

Wyandot

7 Hancock, Putnam, Allen

Paulding, Van Wert

Mercer, Auglaize, Hardin

8 Muskingum, Guernsey

Noble, Belmont, Morgan

Monroe, Washington

9 Darke, Shelby, Miami, Logan

Champaign, Clark, Green

10 Franklin, Union, Madison, Pickaway

11 Licking, Knox

Marion, Morrow

Fairfield

12 Fayette, Ross

Pike, Highland

Adams, Scioto

13 Preble, Butler

Montgomery, Warren

14 Hamilton, Brown

Clermont, Clinton

15 Williams, Fulton

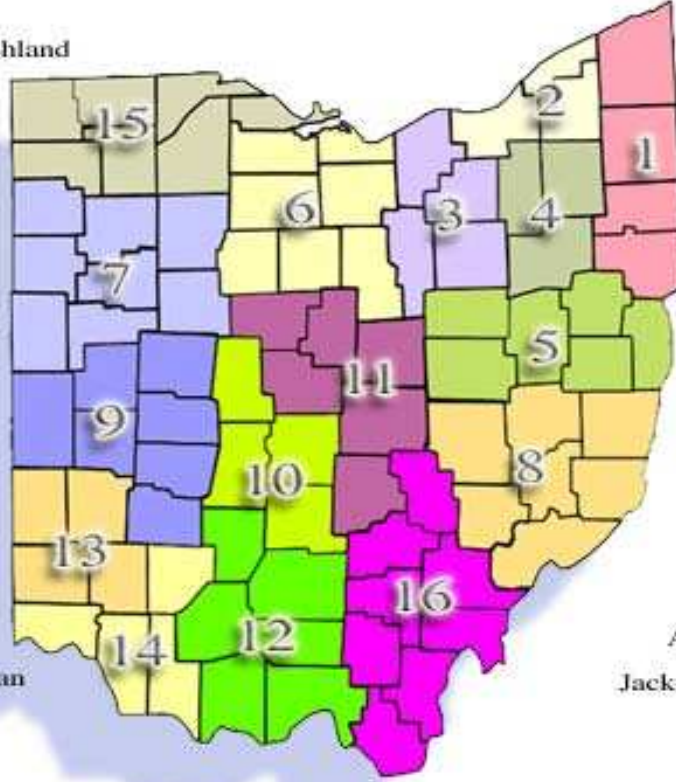
Lucas, Wood

Defiance, Henry

16 Perry, Hocking

Athens, Vinton, Meigs

Jackson, Gallia, Lawrence



Position

Name

School

Phone

President	Scott Dorne	Westerville South High School	614-797-6004
Vice Pres.	Ed Lidderdale	Sandy Valley High School	330-866-9371
Past Pres.	Greg Fraunfelter	Logan High School	740-385-2069
Treasurer	Sam Lehman	Olentangy High School	740-548-5968
Secretary	Donna Joseph		740-676-2365
District 1	Diane Krumpak	McDonald High School	330-530-2528
District 2	Dave Kirk	Chagrin Falls High School	440-247-2072
District 3	Jim Glessner	Norwayne High School	330-435-4276
District 4	Tom Loy	East Canton High School	330-488-0316
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	Dugan Hill	Caldwell High School	740-732-5634
District 9	Buzz Seilhamer	Xenia High School	937-426-9250
District 10	Andy Cox	Thomas Worthington High School	614-883-2250
District 11	Jeff Sheets	Heath Middle School	740-788-3200
District 12	Bob Bergstrom	McClain High School	937-981-3926
District 13	Mike Beaty	Meadowdale High School	937-542-7130
District 14	Andy Wolf	Anderson High School	513-232-2772
District 15	John Brashear	Ottawa Hills High School	419-882-0710
District 16	Al Riffey	Vincent Warren High School	740-678-2393



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LETTER FROM THE EDITOR

Dave Kirk, Chagrin Falls HS

In talking with athletes about what it means to be at the State Meet in cross country — or in Track and Field for that matter — the conversation invariably turns to what it means to NOT be there. We didn't make it down this season—first time in awhile. And in talking with the kids—I couldn't help but reflect on the things I will miss.

It means not seeing Edison at the Bob Evans at the Mansfield exit and telling their kids good luck.

It means not getting to run around the course on Friday afternoon, and seeing everybody, and talking to them, and experiencing the simple relaxed joy of knowing that you have made it and that tomorrow is all about “going for it” - but warning the kids to not do that in the first 800M.

It means this year, I have to cook my own pasta dinner.

It means no shopping trips to Easton and Krogers.

It means I don't get to relax in the evening after the athletes have gone to bed by grabbing a cup of coffee and sitting on the bench outside the hotel working my Sudoku puzzles and watching the planes take off and land.

It means no Saturday up-and-breakfast-and-pack-and-Iseverybodypackedandreadytogo?-and—it means we just miss that excitement of waking up and knowing that “Today, we will be great!”

It means no cool t-shirts.

It means not seeing all of those banners waving wildly in the wind wishing kids and schools good luck—that you're really not sure where they are from...

It means not seeing the amazing group of kids from Elder all painted purple and going nuts and running around with their shirts off even if it's snowing and—they are EVERYWHERE aren't they! How cool to coach a program where the student body is that into what you are doing as you add to your tradition. I have always admired those kids.

It means not hearing the roar of 25,000 people as the gun goes off and the race roars down the middle of the field.

It means not seeing the courage of the kid who will, without exception from year to year, crawl valiantly towards the line as people go racing by them. What exceptional people we have the privilege to coach!

It means waiting for results when you don't really care because it's the State Meet and you were in the middle of it—no matter the outcome.

It means no Cheesecake Factory on the way home.

I will miss it! You who are there—Marlington for the first time as a team in your storied history (!) - live the experience! Gather your memories! You do not know if this moment may ever come again! Good luck to you all!!

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	Scott Jones University of Akron	OHSAA Liaison	Dale Gabor State Rules Interpreter
Mid-West Track Meet Director	Claude Holland	S.E.I. Chairman	R. Scott Williamson
Pole Vault Safety Clinics	Marty Dahlman	Web Site	Bob Hollen
Cross Country Poll	Todd Clark		

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

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



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Academic All-Ohio Recognition

Scott Williamson, Chairperson

We were the first coaches' association in Ohio to honor our athletes' scholastic abilities as well as their athletic excellence. Over the past 16 years, we have now honored nearly 14,000 Ohio student athletes with the honor of Academic All-Ohio. We have received many positive comments on this program and with the coaches' help, we are looking for even bigger and better results this fall.

Coaches - you should find an application [form for Academic All-Ohio](#) in your Regional packet. If you do not find this form, please question your Regional meet manager as they have been made available to all meet managers. We have also included a [copy of the form in this newsletter \(see page 10\)](#) which you may copy and use as many times as you need. Please do not put boys and girls on the same form.

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 Cross Country Meet. Please bring your athlete with you to receive their certificates. It is the coach's responsibility to have the eligibility form signed by the school principal or guidance counselor. No athlete will be entered into our records whose grade point average has not been correctly figured on a 4.000 scale. The grades should be figured on a non-weighted scale. No point average can be over a 4.000. This can and must be done.

Please take the time to read and complete your athletes' forms correctly.

These records are made available to interested college coaches upon request.

Thank you!

Hall of Fame Information

Neal Charske, Hall of Fame Chairman

Members of the Hall of Fame are inducted each year at our awards banquet which is held in conjunction with our track clinic in January. It is a very prestigious event.

Nominations come from our members and are submitted through the respective [District Representatives](#) to the Hall of Fame Committee Chairman, Neal Charske. Voting for the Hall of Fame Class of 2011 will take place at the November meeting at which time the District Reps speak for the candidates from their district. Voting is done by secret ballot and official notification and press releases come through the OAT&CCC President and Committee Chairman. Watch the clinic edition for biographies of the inductees.

Our Hall of Fame is still prominently located in St. John's Arena, the location of the former basketball arena. A large showcase features the names, photos, and years of all the inductees as well as the names and years of the Ed Barker Award winners. It is open for public viewing most of the time. We hope that if you haven't had a chance to see this very nice display you will make it a point to do so in the future. It is also available for viewing on our web site (oatccc.com).

Support our Sponsors!





CROSS COUNTRY STATE CHAMPIONSHIPS SCHEDULE AND INFORMATION

Schedule of events

Saturday, November 6, 2010

- 11:05 A.M. Division III Boys
- 11:50 A.M. Division II Boys
- 12:35 P.M. Division I Boys
- 1:20 P.M. Division III Girls
- 2:05 P.M. Division II Girls
- 2:50 P.M. Division I Girls



Scioto Downs Raceway

Photo courtesy of The Ohio State University

You can view the full schedule at the following address:

<http://www.ohsaa.org/sports/cc/default.asp>

**Welcome to
Columbus, Ohio**

Cross Country Passes for the 2010 State Meet

Just a reminder that OHSAA provides ten (10) tickets per qualifying **team** at the State Meet. The extra tickets are used for assistant coaches and/or alternate runners for the team. The rationale for this is that cross country is the only sport in which the OHSAA does not supply tickets for assistant coaches or alternates. Only the seven qualifying athletes and one alternate plus one head coach and one assistant coach may enter the “inside track” at Scioto Downs. This has not changed.

Passes can be picked up beginning at 8:00am the morning of the State Meet at the team entrance gate.

Visit the OAT & CCC website at: www.oatccc.com



LOOKING AHEAD - FALL 2010

National Throws Coaches Association Clinic

Rob Lasorsa, NCTA

The National Throws Coaches Association Annual Clinic and Conference will be held at John Godina's World throws Center in Phoenix, Arizona on November 5 and 6. Pre-registration cost (prior to November 1) is \$149. Registration is \$199 at the door. College credit for your participation is available for an additional fee.

Hotel accommodations are plentiful but the rate does vary from site to site. Please check the NCTA website for the clinic information and driving directions to the high school. When registering for hotel rooms, be sure to ask for the "National Throws Coaches" rate.

To register, go to http://www.nationalthrowscoachesassociation.com/Upcoming_Clinics.htm or call (760) 769-9148.

Mid East Cross Country Meet in its 24th Year

Neal Charske, Mid East Meet Director

On November 20, the [24th Annual Mid-East Cross Country Meet](#) will be held at Indian Riffle Park in Kettering, Ohio. This outstanding meet will once again showcase the top 10 senior runners from five different states. The girls run at 11:00 and the boys take off at 11:30. The open 5K will be contested at 12:00. [Steve Hippenmeyer from Kettering High School](#) will coach the Ohio boys and [Jeff Howard from Woodridge High School](#) will lead the girls. Dugan Hill from Caldwell will serve as Ohio team manager. If you have any questions pertaining to the team, contact one of these coaches. If you are interested in being on the coaching staff in the future, let your District Rep know.

College coaches and fans from all over the nation will be there to cheer on and observe these great young runners. The course includes everything--a large hill, a wooded area, a large pond, a creek jump and plenty of flat space. One of the best features is that the fans can watch in many places. The [meet director, Neal Charske](#) from Kettering, has been in charge since the beginning and is quite pleased at the growth of the meet and the increasing interest. It is a wonderful opportunity for any and all of you to attend the meet and support cross country too.

After the featured events, the day will continue with an Open Race. Any coaches, fans, or other runners of any age are invited to test their abilities on the same course and hopefully encourage some young runners to strive for the Mid-East team. The Mid-East Challenge Open Race cost includes a long sleeve shirt to those who pre-register as well as nice awards for both male and female. Please help us publicize this last event as it really helps us sponsor the Mid-East Meet. Information on the Challenge can be obtained on line at <http://www.oatccc.com/crosscountry/Mideast/OpenRun.htm>

Support our Sponsors!





2010 Cross Country Clinic

Carson Cheek, Clinic Director

This year's clinic will once again be held in conjunction with the activities surrounding the Mideast Meet of Champions and will be on Friday, November 19. Information and registration forms can be downloaded from the <http://www.oatccc.com/clinics/index.html> website.

The featured speakers for the clinic will be Louie Van Staveren, an expert in circuit training as well as Lou Magato of Minster High School. Registration is \$50 if postmarked before November 17 and \$60 at the door. The first 100 entries will get free t-shirts.

When making hotel reservations, be sure to ask for the special OATCCC Clinic rate.

The Mid East Race will be the following day. Hope to see you there.

LOOKING AHEAD - WINTER 2010-2011

2011 Track & Field Clinic

Wayne Clark, Clinic Director

Once again, Ohio is expected to put on the #1 Track and Field Clinic in the country and the lineup of coaches expected to speak is shaping up to be a strong one. This year's dates are January 27, 28 & 29. Pre-registration (postmarked by January 14) is \$75 while registration at the door is \$85. You may go online (www.oatccc.com) to get registration forms. Get your rooms early as they sell out at the Hilton very quickly. Schedule updates are available at www.oatccc.com

Come and learn, socialize and just enjoy yourself. **See page 8 for clinic registration information.**

2011 Indoor State Track & Field Championships

Jeff Sheets, Meet Director

Coaches are reminded that in order to coach their athletes during indoor season and compete at the Indoor Championships, the program must be approved by their Board of Education and it is further recommended that the coaches also be approved just as you would for any other sport. Other requirements are outlined in the 2010 OHSAA Track and Field Manual for Coaches and Officials on pages 18 and 19.

Additionally, for an athlete to be allowed to compete in this championship, the coach must be a member of the OATCCC and be in attendance at the meet. If you are attending the clinic (see page 8 for a registration form), you are automatically a member. If you will not be able to attend the clinic, you may still join the OATCCC using the membership form on page 11 of this newsletter—**but don't send in both!**

Watch *The Runner* for further updates on the Indoor Championships.



Ohio Association Of Track And Cross Country Coaches

OAT & CCC TRACK & FIELD CLINIC

JANUARY 27, 28 & 29, 2011

INDIVIDUAL REGISTRATION FORM (one coach only)

Name of school _____

Name of coach _____

Home address _____

E-mail address _____ Phone number _____

Coaching position(s) - please check all that apply:

BOYS: _____ HS _____ MS _____ Track _____ CC

GIRLS: _____ HS _____ MS _____ Track _____ CC

Clinic registration - please check all that apply:

_____ Thursday, Friday, Saturday (\$75.00 pre-registration / \$85.00 at the door)

_____ Attending banquet (check only if positively attending the banquet)

_____ Saturday only - no banquet (\$45.00 at the door)

No phone reservations accepted. No refunds of clinic fees or pre-registration funds will be made for any reason.

**THE CLINIC FEE ALSO INCLUDES MEMBERSHIP TO THE OAT&CCC as well as the UTFCCCA
(United States Track and Field & Cross Country Coaches Association)**

Pre-registration deadline: post-marked by January 14, 2011 (for banquet tickets)

Registration at the Clinic: Thursday evening from 5:30pm to 9:00pm
Friday and Saturday beginning at 7:30am - ?

Clinic Headquarters: Hilton Columbus
3900 Chagrin Drive
Columbus, Ohio 43219
Tel: (614) 414-5000
Rate is \$127.00 + tax per night up to four occupants
(Accommodations is 2 doubles or king with a sofa bed)

MAKE CHECKS PAYABLE TO: OAT & CCC (No credit cards)

SEND CLINIC REGISTRATION FORM AND CLINIC FEE TO:
(Payment must accompany P.O.)

Donna Joseph
P.O. Box 154
Shadyside, Ohio 43947-0154

REGISTER FOR COLLEGE CREDITS AT THE CLINIC

University of Rio Grande
Bob Wiley, Instructor

1 graduate semester hour - \$150.00 2 graduate semester hours - \$300.00
Registration: 7:30pm Thursday (Magnolia Room) / 8:30pm Friday (Magnolia Room)

Questions - call Dreama Hudson - University of Rio Grande - (740) 245-7167
E-mail: dhudson@rio.edu OR register on line at www.lifecenter.org

You must be registered for the clinic to take advantage of this offer. Pay for your hours when you register in the Magnolia Room.



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Track and Cross Country Coaching Longevity Awards

Nancy Beattie, Longevity Chairman

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 Nancy Beattie at:

Nancy Beattie
Thomas Worthington HS
300 W. Granville Road
Worthington, Ohio 43085

The awards are as follows:

- 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 accomplished either of these during the most recent calendar year, qualifies for a plaque.

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.

This year, there are two significant changes in the program. First, 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 being done in order to honor many of the positive contributors to our two sports over the years. Second, the amount of the scholarship is being increased to \$1,000 instead of the previous amount of \$500. This is in order to “keep up” with the rising costs of a college education.

The OAT&CCC scholarship committee is accepting applications for the 2011 awards. The deadline for applications to be returned to the scholarship committee is April 1, 2011. Direct your requests for applications to:

Bob Karl, OAT&CCC Scholarship Chairperson
2824 Homeway Drive
Beavercreek, Ohio 45434

**SUPPORT THE
MID EAST
MEET OF CHAMPIONS
REGISTER YOUR SENIORS HERE**





Ohio Association Of Track And Cross Country Coaches

ACADEMIC ALL-OHIO AWARD 2010 CROSS COUNTRY

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 a 4.0 scale equivalent. G.P.A.'s must be calculated at the end of the semester proceeding the student's current season.
2. Athletes must qualify for the State Meet
3. Freshmen are not 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	REGIONAL SITE (PLACE)	(For OATCCC use only)
1. _____	_____	_____	_____	_____ (____)	_____
2. _____	_____	_____	_____	_____ (____)	_____
3. _____	_____	_____	_____	_____ (____)	_____
4. _____	_____	_____	_____	_____ (____)	_____
5. _____	_____	_____	_____	_____ (____)	_____
6. _____	_____	_____	_____	_____ (____)	_____
7. _____	_____	_____	_____	_____ (____)	_____

Principal's signature _____ Coach's signature _____

1. The coach is responsible for turning in this form at the OATCCC table at the State Cross Country 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, 2011 - December 31, 2011

**DO NOT USE THIS FORM IF YOU ARE REGISTERED FOR THE CLINIC -
MEMBERSHIP IN OAT & CCC IS INCLUDED IN THAT FEE**

SCHOOL _____ TELEPHONE _____

SCHOOL ADDRESS _____

CITY _____ ZIP _____

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

PLEASE FILL IN THE FOLLOWING INFORMATION

MEMBERSHIP _____ \$10.00

NAME: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____

E-MAIL ADDRESS: _____

COACHING POSITION (Check all that apply):

BOYS: _____ HS _____ MS _____ TRACK _____ CC / GIRLS: _____ HS _____ MS _____ TRACK _____ CC

Make Clinic Registration checks payable
to OAT&CCC

(Mail to address below if different than school)

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

For a subscription to *Ohio Track and Field News* and *Ohio CC*, contact:

Carson Cheek
Ohio Track and Field News
5628 Philothen Road
St. Henry, Ohio 45883

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

*The Ohio Association of
Track & Cross Country Coaches*
Dave Kirk
Chagrin Falls High School
400 E. Washington St.
Chagrin Falls, Ohio 44022

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