

The Runner

Volume VI, Issue I

Fall 2009, Cross Country Edition

Regular Features:

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- Longevity Awards
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- Academic All-Ohio Info
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STATE CHAMPIONSHIPS PREVIEW

As District competition begins, here are a few teams to watch...

DIVISION I MEN

Defending champion, Mason, will once again be led by the individual champion, Zach Wills. While Mason will be challenged by St. Ignatius, Medina, and Sylvania Northview, watch out for Dublin Coffman and St. Xavier to attempt the role of spoiler. Wills can expect a good chase by a pair of Green HS returnees, Dylan Papp and Kyle Wheeler.

DIVISION I WOMEN

Defending champion, Magnificat, looks to be a heavy favorite again with possible spoilers North Canton Hoover, Springboro, Hudson, and Dublin Scioto all giving chase. With last year's individual champion gone, the returning runner-up—Michelle Thomas of Cin. Glen Este—and third place finisher Hannah Neczypor of North Royalton will be looking to top the awards platform. As they both had the same time in '08 (17:57), it should be a good fight.

DIVISION II MEN

Another defending champion—Woodridge—leads the way into the men's DII race. Tough Bay, Elyria Catholic, and St. Clairsville teams could provide a challenge. Watch for SVSM and Tippecanoe to try on the spoiler's hat in this race. Individually, the top three returnees—Marty Cooledge of Elria Catholic, Peter Hix of Dayton Oakwood, and Mike Bradjic of Bay—were within five seconds of each other in 2008. Breaking away from this pack for the win will not be an easy task.

DIVISION II WOMEN

The women's race features yet another defending champion coming into the race ranked #1 in the polls—CVCA. If the Lady Royals open the door at all, however, watch for a tight pack of teams including SVSM, St. Clairsville, Rocky River, and Coldwater to try and step through for the crown. Abbie Clifford of Perry was the Runner-up in 2008 and the next nearest returnee is 40 seconds away. Still—watch Christina Blair of CVCA and Mallory Kreider or Ashtabula Edgewood to provide stiff competition in this race.

DIVISION III MEN

The boys' side of the team race could see St. Thomas Aquinas, St. John Central, Maplewood, and Independence all vying for top honors. Perhaps the most wide open race of the day—look for spoilers McDonald, Russia, and Delta to be hot on their track. Individually, 2008 returning champion, Isaiah Bragg of Cin. Christian will attempt to hold off challengers, Colin Cotton of Cin. Summit and Isaac Potts of Fredericktown

DIVISION III WOMEN

On the women's side of DIII, defending champion, Minster, also returns as a pre-race favorite but chased closely by Versailles, Spencerville, Senca East, and Berkshire. Fort Laramie will also look to join this fight. The 2008 individual runner-up, Brittany Stockmaster of Barnesville, returns in '09 with no other returnees within 20 seconds of her. Nothing is ever guaranteed in life—but her chances of a repeat look pretty good.

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

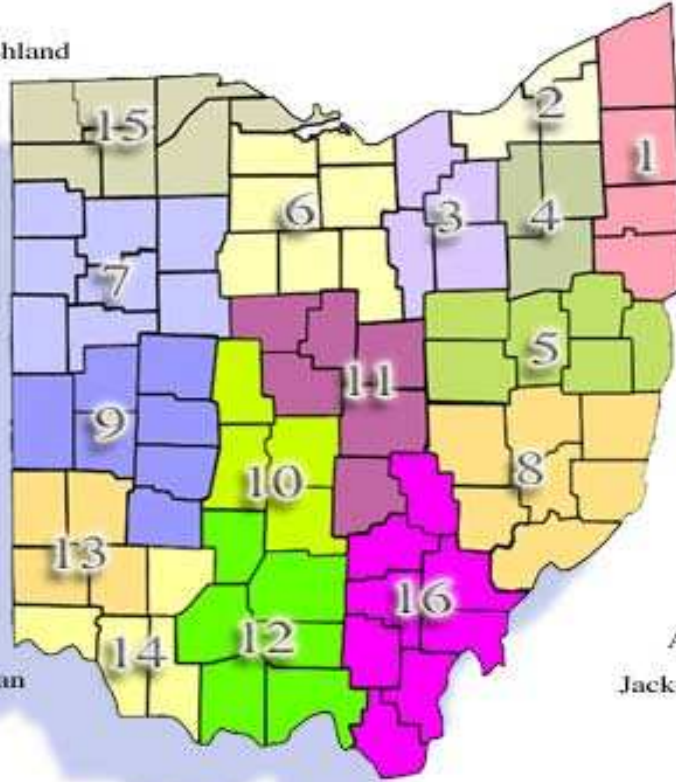
Lucas, Wood

Defiance, Henry

16 Perry, Hocking

Athens, Vinton, Meigs

Jackson, Gallia, Lawrence



Position

Name

School

Phone

President	Greg Fraunfelter	Logan High School	740-385-2069
Vice Pres.	Scott Dorne	Westerville South High School	614-797-6004
Past Pres.	Verne Kiehl	Perrysburg High School	419-874-3181
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	Ed Lidderdale	Sandy Valley High School	330-866-9371
District 6	John Knickel	Carey High School	419-396-7638
District 7	Steve Bruskotter	Bluffton High School	419-523-3985
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



LETTER FROM THE EDITOR

Dave Kirk, Chagrin Falls HS

House Bill 139. Ever hear of it? It is a current and ongoing challenge by the Ohio Legislature which overrides the eligibility issues in OHSAA Bylaws 4-6-3 and 4-8-1 and changes the rules of domestic and international students' participation status as previously defined.

While we're on the subject, most coaches were probably unaware that Senate Bill 2—which became effective on June 9, 2004—is the reason a Pupil Activity Supervisor Permit is required of coaches. This piece of legislation is what sends us for BCI/FBI background checks and is the end result of our three year first-aid class renewal.

The *Fundamentals of Coaching* course required by all coaches as of January 1, 2010 or at the time of their next renewal is partly a result of "the high level of legislative interest" - a good call by the OHSAA before someone else makes the decisions for us.

There are positives and negatives to the legislative actions cited above, but generally they—and all issues of this type—fall into three categories: (1) a shared concern between the legislature, OHSAA, coaching organizations and associations, and parents; (2) a less positive result of an ongoing conversation in which one or more of the parties fail to listen to the other sides of the argument; and (3) the special interest / specific situation crisis that gains media attention

and elicits a more impromptu reaction of some kind.

The point?

District and Regional assignment of teams.

Everybody has a story.

A Division III school and their one Board approved coach who comes out of the Galion District, and for the Regional Meet must send a bus to Troy for their women, and a bus to Boardman for their men. A school from Akron who—out of a choice of five possible District sites—got sent to the District which was the farthest away. The schools who got home from district track meets after midnight on a school night.

Everybody has a story.

Problems in District and Regional assignments of teams exist. The OATCCC and the OHSAA are—thankfully—listening to one another as we search for solutions to these issues.

We'd better listen.

Academic concerns are real. Financial concerns continue. Parent complaints are rising.

We cannot appear insensitive or uncaring about these issues. Actions speak louder than words. Hopefully, real action will happen soon—before "the high level of legislative interest" broadens its ground into new areas.

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	OHSAA Liaison	Steve Neil Assistant Commissioner
Mid-West Track Meet Director	Dave Pavlansky	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>



THE RUNNER

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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 15 years, we have now honored nearly 12,000 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 2010 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 OATCCC 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 7, 2009

11:05 A.M. Division III Girls

11:50 A.M. Division II Girls

12:35 P.M. Division I Girls

1:20 P.M. Division III Boys

2:05 P.M. Division II Boys

2:50 P.M. Division I Boys



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 2009 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 2009

National Throws Coaches Association Clinic

Rob Lasorsa, NCTA

The National Throws Coaches Association Annual Clinic and Conference will be held at Portage High School (Portage, Indiana) on November 6 and 7. Pre-registration cost (prior to November 3) is \$59 for NCTA members and \$75 for non members. Registration is \$85 at the door. There is a special price rate for youth, high school, and college athletes of \$39. 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 23rd Year

Neal Charske, Mid East Meet Director

On November 21, the [23rd 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!





2009 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 20. 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 internationally recognized coach, Joe Vigil, and high school author/coach, Joe Newton. Other speakers will include Dave Kirk of Chagrin Falls HS.. 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 2009-2010

2010 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 years dates are January 28 , 29 & 30. Pre-registration (postmarked by January 15) 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.**

2010 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 2009 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 28, 29 & 30, 2010

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 15, 2010 (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 \$115.00 + 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

Jason Lindsey, 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 Jason Lindsey at:

Jason Lindsey
7311 Chatham Court
West Chester, Ohio 45069

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 2010 awards. The deadline for applications to be returned to the scholarship committee is April 1, 2010. 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 2009 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, 2010 - December 31, 2010

**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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