

USATF Connecticut Meeting October 13, 2021 Minutes

Attendance: Bob Fontaine, Yvonne Grimes, Dave Driscoll, Morgan Kennedy, Debra Petruzzello, Irving Fox, Brad Overturf, James Barber, Sasha Benjamin, Maryanne Daniel, Ron Daniel, Debra Carson, Alan McDougal, Peter Hawley

I. Approval of Minutes from September 8, 2021

- Motion by Deb P, Second Ron Daniel, vote: Motion Carries

Election of Officers – Ron Daniel

- Once we have voted on an executive board, president appoints the committee chairs, and then the board approval
 - o President: Nominee: Bob Fontaine, no other nominees, Bob Fontaine is president by acclimation
 - o Vice Presidents 1, 2, 3:
 - 1 Yvonne Grimes (Acclimation)
 - 2 Brad Overturf (Acclimation)
 - 3 Ron Daniel (Acclimation)
 - o Secretary: Morgan Kennedy (Acclimation)
 - o Treasurer: Nominees
 - Alan McDougal
 - Morgan Kennedy – Elected by vote
 - o Membership Chair: James Barber (Acclimation)
- **PRESIDENTIAL APPOINTEES:**
 - o Committee Chairs – motion to accept the chairs as recommended by the president (motion – Alan, 2nd Morgan) Motion passed
 - o Recommendation by Bob Fontaine to accept the bylaws as current – Motioned by Alan, 2nd by Brad, motioned passed

II. President's Report

- National Annual Meeting will be a hybrid model with most being virtual. The only representatives attending in person will be the Association Presidents and National Executive Committee Representatives. Thursday December 2 – Sunday December 5.
- Registration is open on National Site. \$125.00 registration fee that will be reimbursed by our Association. Bob Fontaine will be setting up the delegation by November 15. You must be registered for to be designated as a delegate.
- Group Email (Campaign Manager) is being rolled out and first round of training was last evening.
- Delegation for 2021:
 - o Associations – Bob Fontaine
 - o Officials – Yvonne Grimes
 - o Youth – Irving Fox
 - o Race Walk – Ron Daniel
 - o Women's Track and Field – Jim Barber
 - o Men's Track and Field – Alan MacDougal
 - o Men's LDR – Alan MacDougal
 - o Women's LDR – Debra Carson

- Women's Development – Sasha Benjamin
- Cross Country Council & MUT – Brad Overturf
- Masters LDR – Brad Overturf
- REGISTRATION IS OPEN NOW, LINK IS AT BOTTOM OF PAGE ON NATIONAL SITE
- Bob and Peter attended the Campaign Manager training on Tuesday, Oct 12. They anticipate a handout from doing so, and access will be given to additional members of the campaign manager. The session was recorded and be available... eventually
- Morgan and Yvonne have been included as additional users

III. Budget Session for 2022 Including Treasure's Report

As of October 13, our account has a balance of \$ 103,536.41
 Uncashed Checks \$ 730.00
 Reconciled Balance \$ 102,796.41

Balance Update: \$103,483.21
 Uncashed Checks \$ 655.00 Delaney deposited 75

- There is one additional Gran Prix race which will go on (checks coming in) before pay outs to clubs for performance go out.
- New Haven Road Runners have an uncashed check for \$150.

Continue discussion on 2022 Budget and vote on acceptance

- The budget for convention should not come down in the 2022 numbers
 - Motion to accept budget as presented – Alan, 2nd – Sasha, Motion passed

IV. Reports

- Membership

Current Membership 1363 as of 10/13 (Last Month was 1313 and last year was 1625)

- With Upcoming JO Cross Country Meet, numbers may reach the same as last year.
- James Barber can no longer do DOB verification – must be done by coach / parent with National Office.
- Affiliation may need to be looked into – Dave reports that there are parents who have affiliated registrants to LTC and they still came through unattached.
- Numbers on membership are low across the board (

- Standing Committee Reports

Race walk

– Medals are needed by RW for an upcoming event at Bethel. Irving or Yvonne will potentially be going to deliver them

Officials

– 67 officials have completed the whole process. Yvonne needs to be checking manually for her contribution. There are another pending 15 who are missing small, punch list items, needed to get completed.

- There are two clinics this year. CIAC has posted them on their website, and Davis has also listed them. CIAC is very proactive about getting people interested in being officials

- An Officials Clinic is at Middletown

- Coaching Clinic Nov 28th Followed by Officials Clinic (Same day) Bethel Track

- Nov 27th, Bethel Center is having a speed summit with form and analysis. For HS,

Collegiate, and Post-Collegiate athletes (not very young youth). Posted on Milesplit and there is a flyer available too.

- This is not USATF Sanctioned but is good to share with the community, and will be added to the website

Sanctions

- 54 Unique and 4 duplicate sanctions. 50% of pre-COVID numbers.

- Alan anticipates significantly more sanctions next year, if progress in returning to racing continues at current pace.

- USATF is pursuing a new certificate of insurance, which delays sanctions as they issue insurance on a day-by-day basis. The backlog of non-day-by-day events will be processed once the new certificate is in, and the new one will be delivered at least by Nov 1st.

- JOs are affected by this (and other events) as towns and host sites will need the COI in advance of the meet for permitting.

- All groups are doing online sanctions. We will establish a discount code. Need to establish which races are on the Gran Prix schedule as well, for distribution of the code.

- There are no sanctions prepped for next year yet.

- Process is Peter contacts RD, RD provides number of finishers to Peter, Peter notifies Alan and RD, Alan sends state code to RD and Peter

Website

- Proposed change from Athlete of the Month to Featured Athletes is approved.

- Please notify Peter about instances of Bill Mongovan's name to change to Irving Fox.

Open and Masters Track & Field

- Sunday Feb 20th, 2022. Not combined with Youth Event. Bethel track and field training center.

- May have a spring session in Middletown (no Javelin space may inhibit this)

Open & Masters LDR

- There is one more Gran Prix race this year. There will optimistically be a full 8 next year.

- There are 2 XC races scheduled this year, potential 3rd.

- The Ray Crothers had light attendance, wants to be in next year

- MUT: Working on next year already. Goals – People's Forest, Mohawk, Bimble's Bash, Lake Waramog, Finally Spring

Safe Sport

- Ron is having a hard time sorting who is and isn't safe sport cleared.

Youth

- Numbers will probably bump up after Nov 1st where they get 2022

- DOB Verification takes 5 business days, cannot guarantee that it will be in on time if they miss.

- Club participation is way down this year. Not easy to say what next year will look like.

- Looking to future, is trying to separate sections of events for expediency.

- Also forward looking, would like to look at hosting a regional meet. Outdoor track is of particular interest. New Britain is usually the best offering, or Danbury (with the new surface and track). RE: other events, it is noted that XC is harder to do with current offerings.

Historically, regional Track meet loses money, regional XC makes money

V. Old Business

- JO Cross Country – Litchfield November 14
- Open/Masters XC – Litchfield November 14

VI. New Business

- Dates for Youth Indoor (See above)
- Dates for Open/Masters Indoor (See above)
- Affirmation/Revisions of Bylaws (See above)

Schedule of Events

11:30am-Noon:
Athlete check in

Noon-12:15pm:
Coaches introduction

12:15-12:35pm:
Warm Up &
Sprint Mechanic Instruction

12:35-1:15pm:
Reactive Strength Index
Instruction & Testing

1:15-1:30pm:
Start Instruction/Demonstration

1:30-2:00pm:
Start & Acceleration Testing

2:00-2:15pm:
Max Velocity Mechanics
Instruction/Demonstration

2:15-2:45pm:
Max Velocity Testing

2:45-3:00pm:
Closing Activities

Athletics Westchester Presents:

Open to Athletes
of ALL Sports:

- High School
- Collegiate
- Post Collegiate

**NORTHEAST
SPEED
SPEED
SPEED
SUMMIT**

BETHEL, CT

NOVEMBER, 21

Event Registration:

<https://www.eventbrite.com/e/the-northeast-speed-summit-tickets-189922562497>

What to bring:

- Athletic Attire
- Training Sneakers
- Track Spikes
- Water/Snack
- Proof of Vaccine

FRAME BY FRAME VIDEO ANALYSIS

Lower Body:

1. *Relationship of touchdown foot and center of mass.*
2. *Path of the swing leg after take off.*
3. *Flexion of the foot/ankle throughout*



Upper Body:

1. *Posture of the spine at touchdown.*
2. *Angle, height and path of the lead arm/elbow*
3. *Angle, height and path of the trail arm/elbow*

NORTHEAST
**SPEED
SUMMIT**

Event Registration:

<https://www.eventbrite.com/e/the-northeast-speed-summit-tickets-189922562497>



Speed Profiling With Benchmarks

Find out...

Split Velocity:

Device: Freelap Global
Measures: Split Velocity

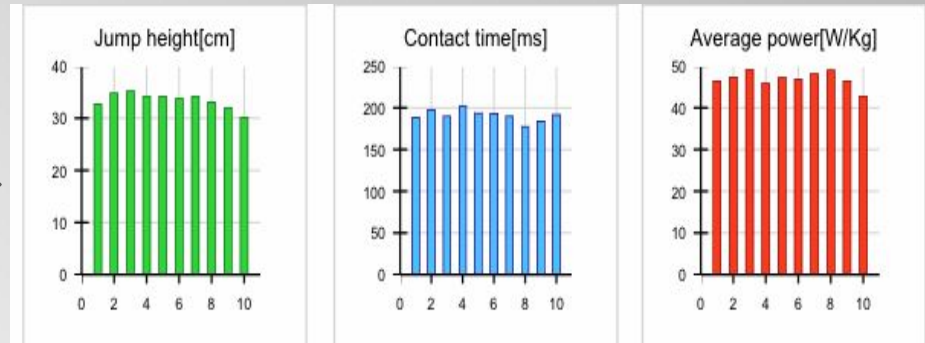


1	AC-8284	00:02.83(3)	00:02.83
	L1	00:00.96	00:00.96
	L2	00:00.94	00:01.90
	L3	00:00.93	00:02.83

1. 30m fly total time.
2. 30-40m, 40-50m, 50-60m splits.
3. Split velocity converted to m/s and mph.

Reactive Strength Index:

Device: Contact Grid
Measures: Elastic Strength



1. Jump height (cm)
2. Contact time (ms)
3. Average Power (W/Kg)

NORTHEAST
**SPEED
SUMMIT**

Event Registration:

<https://www.eventbrite.com/e/the-northeast-speed-summit-tickets-189922562497>



Partnership with Torch College Recruiting

www.torchcollegerecruiting.com

Torch is a Track & Field specific recruiting platform that enables you and 400 + college coaches to search, express interest, connect and chat with each other.

Why Torch?

- **IT WORKS:** Torch has enabled 3500+ connections between college coaches and athletes, leading to dozens of college commitments and scholarship offers.
- **IT IS SIMPLE:** Torch is designed specifically to enable coaches and recruits to simply search, express interest, connect and chat with each other- making communication direct and personal without endless cold emails and questionnaires.
- **IT IS AFFORDABLE:** You can sign up for free and upgrade to Torch Pro to unlock all features for only \$10 per month.

NORTHEAST
**SPEED
SUMMIT**

Event Registration:

<https://www.eventbrite.com/e/the-northeast-speed-summit-tickets-189922562497>

