



# Wisconsin Track Coaches Association **Newsletter**

[www.wistca.org](http://www.wistca.org)

December 2009

## **PRESIDENT'S LETTER**

Dear WISTCA Members:

As my presidential term comes to an end I want to take the time to say Thank You! My term as president could have not been as successful had it not been for all the great track coaches in our state. It's the efforts of coaches like you that provide us with record breaking performances year after year. Keep up the great work.

There are several changes for this upcoming track season beginning with the way races are started indoors and out. Please make sure to see your athletic directors for the October WIAA Bulletin for a summary of changes.

The Executive Board of WISTCA, President of the Pole Vault Coaches Association, Officials Committee, Sports Advisory Committee and the WIAA have been working hard to evaluate your feedback and make any needed changes to our state meet at UW LaCrosse.

Many members of your WISTCA board have completed their terms and we are looking for many new leaders in several areas. Please consider becoming more involved in your association. If you are interested in a leadership role, contact me or one of the WISTCA reps.

This February brings us back to elections and we will be voting for new district reps in Districts 1, 3, 5, and 7. Plus, you will be nominating and voting for a new President Elect. Before nominating a candidate for these positions please understand the sacrifices and commitments that are needed for each position.

This year's clinic will once again be held at the Wyndam Milwaukee Airport on February 12<sup>th</sup> and 13<sup>th</sup> with Track and Field Throws Legend Mac Wilkins as this years Keynote Speaker. Once again the clinic is packed with great speakers and this couldn't be done without the efforts and sacrifices by many, including Stan Druckery, Bill DeVoe, Mark Hoffman, Vince Lease, Keith Klestinski and Mark Maas. Thank You for all the great work year in and year out.

In closing, I would like to wish Brad Meixner of Portage Good Luck in his tenure as your new WISTCA President, Brad will be a great "motivator" and leader. I look forward to seeing all of you at the clinic in February.

Sincerely,  
Michael P. Chapes  
WISTCA President

**21<sup>st</sup> Annual WISTCA Coaches Clinic  
Friday, February 12<sup>th</sup> - Saturday, February 13<sup>th</sup>  
Wyndham Milwaukee Airport Convention Center**

**ONE OF THE LARGEST AND FINEST  
CLINICS FOR HIGH SCHOOL TRACK  
COACHES IN THE COUNTRY!!!**

## **WISTCA BUSINESS NEWS**

### **Track & Field Coaches Rules Advisory**

The WIAA Track & Field Coaches Rules Advisory Board met in September. Among the topics discussed at that meeting were:

- Starting Procedures and Starting Guns
- Pole Vault Helmets
- Jewelry Warnings have Increased
- Wheelchair Athletes
- Pole Vault Pit Perimeter Padding Requirements
- WIAA State Series Procedures
- Top 10 to Finals in All Events at WIAA State
- WIAA State Meet will revert back to 10:30 am Start on Saturday
- UW-LaCrosse Facility Updates

These and other issues will be discussed during district caucuses at the WISTCA Business Meeting. Your feedback on these issues is crucial and your opinion is important to us. To learn more about these issues and to voice your opinion, please attend your district caucus at the clinic business meeting. See the WISTCA website [www.wistca.org](http://www.wistca.org) for complete minutes from the Coaches Rules Advisory meeting.

### **WIAA Rules Interpretation and Business Meeting**

Friday, February 12<sup>th</sup> – 4:00 PM  
Wyndham Milwaukee Hotel–New Orleans Ballroom

### **President Elect and District Rep Elections**

Elections for President Elect and District Representatives of odd-numbered districts (1, 3, 5, 7) will be held at this year's business meeting. Anyone interested in running can be nominated at his or her district caucus at the clinic. This is a great way to get involved in your association. If you have any questions, feel free to contact any of the current officers via the website.

## NATIONAL NEWS

In December, WISTCA representatives traveled to two locations to chair the annual meetings of the National Senate of High School Track Coaches Associations and to make contacts for future clinic speakers. Bill DeVoe, Mike Chapes and Geoff Steinbach traveled to the USA Track & Field Annual Meeting in Indianapolis.

Keith Klestinski chaired the National Senate Meeting and met with potential clinic speakers at the USTFCCCA Convention in Orlando, FL. The "National Senate" meets for the purposes of sharing information between state track associations and the governing bodies of track and field in our country. Attendees heard reports regarding National Federation rules, coaches' education, national meets, international youth teams, NCAA eligibility and disabled athletes.

Your Wisconsin Track Coaches Association is seen as a model and template for developing state associations and clinics.

## CLINIC INFORMATION

Enclosed in this envelope is the registration form for the clinic. For further information about the clinic, log on to [www.wistca.org](http://www.wistca.org) and click on "Clinic Information." If you are unable to find what you need regarding the clinic on the website, please do not hesitate to contact:

Keith Klestinski ([klestinski@muhs.edu](mailto:klestinski@muhs.edu)),  
Mark Hoffman ([hoffman.mark@sdsu.k12.wi.us](mailto:hoffman.mark@sdsu.k12.wi.us))  
Mark Maas ([mmaas@wwusd.org](mailto:mmaas@wwusd.org)).

We'd be more than happy to assist you with any information you might need.

## ALL-STAR SPEAKER LINEUP

WISTCA is once again pleased to bring you an All-Star lineup of clinicians in order to bring you the absolute best in track and field coaches' education.

- Mac Wilkins – US Olympian – Keynote/Throws
- Mark Napier – UNI, Oklahoma – PV/HJ
- Steve Silvey – Texas Tech, Oregon – Hurdles
- Dennis Kline – UW-LaCrosse – Throws/Strength
- Jay Johnson – Colorado – Distance
- Travis Erickson – App. State, UW-Lax – LJ/TJ
- Outstanding Wisconsin HS Coaches in the BCS

WISTCA continues to negotiate to fill our lineup with the best possible speakers.

## ON-LINE HOTEL RESERVATION INFO

Please try to make your reservation online through the website **As Soon As Possible** in order to secure a room rate of \$86 dollars. Go to the WISTCA website at [www.wistca.org](http://www.wistca.org) and click on Clinic Information then click on Room Reservation. Make your reservation now before our room block runs out. Be sure to follow the directions listed on the clinic website.

## CONGRATULATIONS!

### 2009 DISTRICT COACHES OF THE YEAR

#### District I (Jami Holum, rep)

B – Tom Klatt - Hudson

G – David Praschak - Somerset

#### District II (John Masanz, rep)

B – Chris Bahr - Wild Rose

G – Paul Michlig - Wausau Newman

#### District III (Shawn Moretti, rep)

B – Corey Peterson - West Salem

G – Lynn Sonnentag - Arcadia

#### District IV (Scott Helling, rep)

B – Michael Jameson - Bay Port

G – Scott Schwantes - Seymour

#### District V (Todd Bastian, rep)

B – Vince Lease - Fennimore

G – Doug Maughan - Sun Prairie

#### District VI (Curt Gruenewald, rep)

B – Chris Herriot - Arrowhead

G – Eric Sulik - East Troy

#### District VII (Eric Lehmann, rep)

B – Michael Burling - Menomonee Falls

G – Kenneth Williams - Milw. Bradley Technical

### 2009 ATHLETES OF THE YEAR

#### Female Athlete of the Year

Tasha Allen - Milwaukee North Division

#### Male Athlete of the Year

Jared Abbrederis - Wautoma

### 2010 HALL OF FAME INDUCTEES

#### Coaches

Steven Beacom - Marshall

Patrick Morrow - Wild Rose

#### Female Athletes

Amber Curtis - Brodhead

Melissa (Talbot) Boettcher - Freedom

Anna Monsen - Stoughton

#### Male Athletes

Demi Omole - Dominican

Ryan Truschinski - Marshall

#### Merit Award

Lawrence Terry - UW-La Crosse

### THANKS TO OUR CORPORATE VENDORS

The following corporate vendors have provided us with 10 years of support and will be recognized at the Friday Anniversary Dinner.

#### 10 Years

Blazer MFG.

Team Sporting Goods

## WISTCA LEADERSHIP

### WISTCA Officers

President	Mike Chapes - Oregon
President-Elect	Brad Meixner - Portage
Past President	Keith Klestinski - Marquette
Treasurer	Mark Hoffman - South Milwaukee
Secretary	Jim Stephany - Wausau West
Awards Chairman	Craig Shepard - Gilman
Historian	Craig Shepard - Gilman
PR Rep	Jason McMahon

### WISTCA District Representatives

District I	Jami Holum - Hudson
District II	John Masanz - Wausau West
District III	Shawn Moretti - Black River Falls
District IV	Scott Helling - Two Rivers
District V	Todd Bastian - Darlington
District VI	Curt Gruenewald - Beaver Dam
District VII	Eric Lehmann - Waukesha South
Gender Rep	Carla Elliott - Marathon
Minority Rep	Al Holmes
Middle School Rep	Randy Hartwig - Marshfield

### WISTCA Clinic Committee

Clinic Co-Director	Mark Hoffman - South Milwaukee
Clinic Co-Director	Keith Klestinski - Marquette
Asst. Clinic Director	Mark Maas - Whitewater
Clinic Registrar	Vince Lease - Fennimore
Begin. Coaches Series	Bill DeVoe - Mauston
Vendors	Paul Hiegel - South Milwaukee
Door Prizes	Mike Price - Green Bay SW

### WISTCA Event Chairs

Event Chair - Sprints	Mark Maas - Whitewater - Girls Chris Herriot - Arrowhead - Boys
Event Chair-Hor. Jump	Kevin Streveler - Stevens Point
Event Chair-High Jump	Mike Price - Green Bay SW
Event Chair-Pole Vault	Vince Komar - Mukwonago
Event Chair-Throws	Bill Richards - Ozaukee
Event Chair-Hurdles	Stan Druckrey - South Milwaukee
Event Chair-Distances	Mike Mulrooney - Arrowhead
Spotlight Co-Coord.	Bill DeVoe - Mauston
Spotlight Co-Coord.	Brad Meixner - Portage
LBD Chairperson	Bill DeVoe - Mauston
Promotions	Jason McMahon

**We encourage you to contact your WISTCA Leadership with concerns and ideas. Use [www.wistca.org](http://www.wistca.org) to reach your Representatives.**

**General WISTCA Question?  
[mcchapes66@hotmail.com](mailto:mcchapes66@hotmail.com)**

## College Credit Offered at WISTCA Clinic

For the third straight year, WISTCA will offer graduate credit for the clinic. Credits will be awarded through Chapman University. Use the information below to apply for your credits.

University:	Chapman Univ
Class Name:	Clinic of Champions
Course #:	KINE 9069
Credits:	1 or 2
Cost:	\$100 per credit
Contact:	Denis Willens (1-800-375-8247) <a href="mailto:dwhoops39@gmail.com">dwhoops39@gmail.com</a>

## Wisconsin Track Coaches Association Coaches Code of Ethics

As a professional educator and leader, the WISTCA

Member Coach will:

- Exemplify the highest moral character as a role model for young people.
- Recognize the individual worth and reinforce the self-image of each team member.
- Encourage and assist team members to set personal goals to achieve their highest academic potential.
- Create a set of training rules for athletes which reflects the positive values of abstaining from the use of drugs (including performance enhancing drugs), alcohol and tobacco.
- Strive to develop the qualities of leadership, initiative, and good judgment in each team member.
- Communicate and interpret program goals and objectives to parents and community.
- Provide a safe environment for practice and competition.
- Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
- Respect the integrity and judgment of the meet officials.
- Teach and abide by the rules in letter and in spirit.
- Build and maintain ethical relationships with coaches and administrators.
- Strive for excellence in coaching skills and techniques through professional improvement.
- Promote personal fitness and good nutrition.
- Be modest in victory and gracious in defeat.
- Encourage a healthy respect for the overall athletic program and its vital roles in education.

***M-FATHLETIC* WILL BE BACK AT THE  
WI TRACK CLINIC  
February 12<sup>th</sup> & 13<sup>th</sup>, 2010**

***Order Now!***

***GET 15% OFF OUR  
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**ORDERS WILL BE SHIPPED DIRECTLY TO THE SCHOOL**

**PRE-ORDER WITH AN APPROVED SCHOOL P.O.,  
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**Questions? Or to place an order call:**

⇒ **YOUR MIDWEST REP...**

**AARON MOSER:**

Phone 1-800-747-6001

E-mail: [Aaron.Moser@mfathletic.com](mailto:Aaron.Moser@mfathletic.com)

⇒ **HOME OFFICE...**

PO Box 8090, Cranston, RI 02920

Phone 1-800-556-7464

Fax 1-800-682-6950



**21<sup>st</sup> ANNUAL WISTCA CLINIC REGISTRATION  
2010-11 MEMBERSHIP FORM**  
(Please photocopy and distribute)

Name \_\_\_\_\_

School where you coach \_\_\_\_\_

Mailing Address (circle one) Home School

School Telephone: \_\_\_\_\_

\_\_\_\_\_

Home Telephone: \_\_\_\_\_

\_\_\_\_\_

WISTCA District: 1 2 3 4 5 6 7

\_\_\_\_\_

Division Level: 1 2 3

★ E-mail Address: \_\_\_\_\_

**Check Appropriate Boxes:** Male \_\_\_\_\_ Female \_\_\_\_\_  
Coaching Level: High School \_\_\_\_\_ Middle School \_\_\_\_\_ College \_\_\_\_\_ Retired \_\_\_\_\_  
Boys Coach \_\_\_\_\_ Girls Coach \_\_\_\_\_ Head Coach \_\_\_\_\_ Assistant Coach \_\_\_\_\_  
Yrs Of Track Service (including 2010) \_\_\_\_\_

**Check your intended attendance day(s) at the clinic:**

Pre Registered Friday 2/12 and Saturday 2/13 \_\_\_\_\_ \$100.00 (includes clinic and WISTCA Membership)  
Pre Registered Friday 2/12 only \_\_\_\_\_ \$70.00 (includes clinic and WISTCA Membership)  
Pre Registered Saturday 2/13 only \_\_\_\_\_ \$50.00 (includes clinic and WISTCA Membership)  
Lifetime Registration/Membership \_\_\_\_\_ \$125.00

(Must be 58 years of age or older and have 10 or more years of coaching track and field.)

Includes WISTCA Membership and Registration for clinic for life.)

WISTCA 2010-11 Membership Only (cannot attend clinic) \_\_\_\_\_ \$20.00 (expires 02/01/2011)

**Make checks payable to WISTCA. Credit cards are not accepted.**

\*\*\*\*\*Payment is NON-REFUNDABLE\*\*\*\*\*

**Same day registration is \$110.00 for both days and \$80.00 for Friday only and \$60.00 for Saturday only.  
Deadline for pre-registration is Friday, Friday, February 5<sup>th</sup>, 2010. All pre-registration forms and clinic fee checks (payable to WISTCA) should be sent to Vince Lease at Fennimore High School, 510 7<sup>th</sup> St., Fennimore, WI 53809-1505.**

(Please detach and send in only top portion)

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**IMPORTANT HOTEL RESERVATION INFORMATION**

Register for Rooms On-Line at [www.wistca.org](http://www.wistca.org). Click on the "Clinic Information" link on the left side of the main page. Click on the "Room Reservation" link on the left side of the clinic page. Follow the instructions to reserve your room.