

USATF Annual Meeting  
Youth Workshop Meeting Minutes  
As presented by Lanesa L. Ballew-Holt  
Anaheim, California  
December 2014

## Youth Training & Workshop

\*Meet set up – start to finish; things to remember.

### Facility

- Secure a facility that accommodates the needs of your meet.
- 8 lanes, mark events on the track the night before.
- Field event locations vary; know where they are so you can set up your schedule appropriately.
- Have stands for spectator seating.
- Sign a contract to ensure you have the facility, make sure it includes electrical supply, concession stand and bathrooms.
- Have medics and security present.
- Tell them that USATF is a non-profit, see if that will get you any discounts.
- Know the emergency/evacuation plan.

### Registration and packet pick up.

- If incomplete information comes in; ask for what you need. Don't just ignore it and then have no packet for them to pick up.
- Make sure that label #'s and bib #'s match.
- USATF provides bib #'s; not pins.
- Have someone sign saying the packet has been picked up. Get their name and #.

### Operations.

- Communications – you need multichannel radios. Change channels to avoid interference.
- Linda Elvis, Cindy Long, Linda Phelps = the operations group.
- Oversee feeding officials/volunteers. Everyone needs to be identified. Need a volunteer coordinator.
- Send nationals a post sanction report to let them know how things went.

\*Club membership.

- Become a member of USATF...annually.
- Create a membership report from the USATF website.
- If a particular day of your teams practice schedule is not on the USATF practice schedule then the USATF insurance will not cover athletes if they are injured on that day. When you update your practice schedule either select EVERY day as a practice day, just in case or don't have practice on any day that you do not enter.
- If you practice at multiple sites; the insurance needs to reflect each site or there will be no coverage at the additional facility.
- Individual insurance is good through October 31; club insurance is good through December 31.

-If selecting ‘coach,’ ‘volunteer,’ or if they are listed as a club contact, they MUST BE BACKGROUND SCREENED. If someone is coaching/volunteering and not background screened then there will be no insurance coverage if something happens. They must also have a current USATF membership. Volunteers and coaches must be pulled in under the team as such or there will be no insurance coverage. **Until the background check comes back and is clear, they should not start working with the youth on your team.**

\*Sanctions – [www.usatf/calendars/update/competition](http://www.usatf/calendars/update/competition)

- 2 Steps: 1. Complete the calendar listing. You will get an e-mail with an event ID and password.
  - 2. Complete the sanction process; use the event ID and password you were provided.
- If you don’t get your meet sanctioned then you are liable if anyone gets hurt.
- This covers the facility so they are not charged if something happens during the meet.
- Waivers:
  - Ex. Marine Corps / charity – they already have insurance.
  - \$50 to waive the insurance; USATF will not be liable.

\*Hy-Tek 4.0.

- USATF deal – 19 meets for \$450; renew the license after that.
- \$10 to get a new disc for a current license.
- Ensure that when files are sent they are from the correct template.
- Set-up:-You can change the meet name (meet name 2)
  - You can change the meet date.
  - Print preferences >printer options>report preferences, from here you can enter the ‘meet name 2’ and that is the name that will print out.
  - You can go into options and change all the fees if needed.

\*Coach-O

- You must be a contact for the team and listed on the USATF website to use this effectively.
- Chain of command:
  - 1. Regional Coordinator
  - 2. Zonal Rep
  - 3. Henry and Inez

-Youth guides and rule books will be sent out this year. Last year the association went ‘GREEN.’

-Need to update the legacy e-mail addresses. Kelsey Mims ([Kelsey.Mims@USATF.org](mailto:Kelsey.Mims@USATF.org)) at the national office can assist with set up. . The legacy e-mail can be passed from person to person as needed. Youth Chairs and Regional Coordinators should have received information on having a legacy e-mail.

-Athlete transfers between teams need to have waivers signed by both teams. The waiver needs to be sent in to Nationals.

-Rule 300 Waiver: Ability for an athlete with no parent or guardian in an association to compete. Only when all parties approve will Coach-O be updated. The name will change from waiver to transfer.

-Refund requests must be submitted within 10 days. Books close on 12/31 each year. Be mindful of the time the office is closed for Christmas.

-Awards – order medals/ribbons in enough time. You will be billed for any extras you order.

\*New meet branding guidelines.

- Chelsey Change = the USATF branding manager.
- National J.O. Track and Field and J.O. Cross country have meet branding limits/requirements.
- Templates can be used for smaller meets.
- USATF sanctioned events, you must follow the branding guidelines in the booklet that was handed out during the meeting.
- These guidelines are specific to YOUTH.
- Sponsors cannot use the USATF ‘wings.’
- Send custom artwork to Chelsey; she will send the final file/logo back.
- Being a sanctioned event does not make it a USATF event. USATF events are championship events.

\*Safe Sports Session.

- Mandated from the USOC (United States Olympic Committee).
- Every coach must take the test starting with the 2016 USATF membership renewals.
- Go to the USATF website>About tab>Safe Sport tab>frequently asked questions #7 to access the test/course.
- Officials, youth committee members/chairs and coaches must take the session/test.

\*Future Stars.

- Arionne came up with this concept in 2012; way to keep people engaged and excited about the sport.
- Face painting, DJ, dunk tank, scavenger hunt, autographs, hula hoop, dancing, coloring.
- Create the fun at a track meet.
- Membership benefit; helps to retain and gain members.
- She needs help getting the word out about Future Stars.
- Monthly theme. Instagram promotions centered on the theme. Most ‘likes’ wins a gift card to the USATF merchandise store. (#FutureStars) Every 2 weeks a new video is posted about the theme.
- Musical chairs, inside track tips; honor roll recognition.
- From the USATF Website>resources for youth athletes>Future Stars
- Ashley Caldwell ([Ashley.Caldwell@USATF.org](mailto:Ashley.Caldwell@USATF.org)) would manage the website.
- We need to add a link to the Nebraska Association website so people can access this information.
- We can create a FaceBook page for NE Youth Athletics and add the information there also.

\*Youth athletics saw growth in the 15-18 age group. This is due to world competition/trials. This helps to promote the sport.

\*Duncan Atwood proposed that we replace the 300 gram mini jav for the 11/12 age group and the 600 gram for the 13/14 age group with the aero jav which has a tapered tail. This would give American throwers the same advantages as the international throwers. The mini jav self corrects and is too short. The aero jav is lighter than the 600 gram jav at 450 grams, the tip is rubber/safer and it is cheaper.

Rules which apply to youth athletics.

- Item 76 – Puts in Track and Field Program and cross country...passes.
- Item 77 – Indoor Championships ONLY – put in wording that allows 15-18 year olds on relays to run in the high school division. Special division for relays. All athletes must be USATF members and part of a high school team. The school does not have to be a USATF club/team. Relays members must all be at the same school. AMEND to say 9-12<sup>th</sup> grade high school athletes...passes as amended.
- Item 78 – High school age division is by grade and not by age...passes.
- Item 79 – (**Tabled**) – Setting up regulations for transferring teams. Amend to allow transfer for specialty teams (ex. pole vault) if no other team in their area with the specialties. This is for athletes needing to cross the border...less than 50 miles.
- Item 80 – Added 11-12 age group to all pole vault events. Safety issue. Lack of training abilities...rejected.
- Item 81 – (**Tabled**) – Aerojav replace the mini jav for 11-12 and 13-14 age groups effective in 2015. This originally passed but was later tabled due to the need to get more information and make sure it is a good/legitimate item to throw. It will be brought up again next year.
- Item 82 – Withdrawn by the presenter.
- Item 83 – 1<sup>st</sup> set of events = Outdoor; 2<sup>nd</sup> set – Indoor. (Amend to add shuttle relays / Amend to add age group = 9-12<sup>th</sup> grade for high school relay only)...passes.
- Item 84 – 8 and under age group using starting blocks; add their age group. They can use them if they want...passes.
- Item 85 – 8 and under age group can't use the starting blocks...rejected.
- Item 86 – withdrawn.
- Item 87 – Add Youth Olympic Games Trials to the list of exceptions...passes.
- Item 88 – Starts and ends with pole vault / high jump; middle = long/triple jump. This item separates the two to avoid confusion. Pole vault/high jump is separate from long/triple jump...passes.
- Item 89 – Create the new paragraph from Item 88...passes.
- Item 90 – Adds the word 'age' next to 'division.' Add heats in long distance running...rejected.
- Item 91 – 9 lanes – how things are heated...rejected...would still only use 8 lanes.
- Item 92 – (**Tabled**) – Put in when prelims are run. Due to Item 91, prelims would be run. This was tabled for board clarification.
- Item 93 – 2 rounds of competition in certain indoor events for ages 15 and up. Top 8 advance...passes.
- Item 94 – Cross country team scoring. From 6 divisions to 5 divisions for 15-18 year olds. Would become 1 division; still gives 15-16 and 17-18 age divisions. Team scoring would be the 1<sup>st</sup> division...passes.

Safe Sport – Renee Washington

- Not meant to be punitive; meant to be informative/educational.
- Before age 18, 6-13% of athletes experience some sort of abuse.
- 6 Types of abuse: Emotional, physical and sexual, bullying, harassment, hazing.

- Coach – Athlete relationship; Trust / Power / Misconduct
- Trust – confidence placed in someone.
- Power – Ability to give or take away something of value.
- Bullying & Harassment:
  - Misuse of power.
  - Bullying: Repeated pattern of abuse causing fear/harm...physical/non-physical.
    - Verbally, socially, physically, social media.
  - Harassment: Unwanted, offensive and intrusive behaviors.
    - Sexual – creates an inappropriate hostile environment.
    - 57% of athletes have been harassed.
    - Athletes willfully tolerate it by not stopping it.
    - Ask a cross section of athletes about what they are seeing. Also talked with athletes separately. They may not talk around others.
    - When peers also step in; it helps it to stop.
    - Set expectations up front.
    - Create a culture of disclosure and reporting. Coaches set the example and tone for the team.
  - Hazing: Rite of passage. 80% of athletes have witnessed or experienced hazing.
    - Coercing, requiring humiliation or unwelcomed activity to join.
    - Physical, social, sexual – intent to include an athlete on a team.
    - Forced/dangerous levels of alcohol.
    - Increasingly sexualized...ex. Sodomized with a broom stick.
    - Educate staff, coaches and parents. Provide examples.
    - Need a clear anti-hazing policy; with consequences.
- Emotional Misconduct – Sustained and repeated pattern of negative verbal; non-contact behavior.
  - degrading an athlete; manipulation; humiliation. Increases as athletes move up the ladder.
  - Not isolated events.
  - Physical acts...throwing things at them.
  - Continually ignoring athletes; embarrassing them.
  - Misguided attempt to motivate or punish an athlete...tearing them down.
  - Need athlete protection policies.
  - This is linked with physical and sexual abuse.
- Physical Misconduct – Contact or non-contact behavior that result in or have potential to threaten the athlete's physical being.
  - Depends on the sport.
  - Non-contact – deny hydration, nutrition, sleep; over training them. Communication and knowing your athlete helps prevent this.
  - Encouraging or permitting an athlete to continue after a concussion.
  - Pushing them beyond their physical abilities.
- Sexual Misconduct / Harassment – Touching / non-touching
  - Creates a hostile environment. Jokes/inappropriate behavior.
  - The entire team is affected; they pick up on it.
  - Sexual intimacies between an athlete and a person in authority.

- 22% of elite female athletes have had sexual activity with a coach.
- Even if appropriate by age, it affects the team. Others think the coach is playing favorites.
- Sexual abuse: sexual activity with a minor where consent cannot be given. Rules are governed by state law. Touching and non-touching.
- Non-touching – discussing, texts, e-mails, videos.
- 90% of the time children know their abusers; 1/3 = females.
- Most predators don't have a criminal background; background checks don't show anything that alerts you.

-Offender types:

- Situational: No preference for kids. Abuse due to stress in their lives.
- Preferential: Prefer kids. Observable patterns of behaviors.
  - Groom or prepare victims with attention/gifts.
  - Grooming – Attention Affection Gifts
    1. Targeting a victim – looking for a vulnerability in the child.
    2. Gaining trust – coach is looked at as a hero. Gain parental trust too.
    3. Recognizing and fulfilling needs – attention, starting position, scholarships.
    4. Isolating the child – share secrets; only I understand you; 1:1 time.
    5. Sexualizing the relationship – ‘Accidentally’ letting the victim see them nude. Porn; touching.
    6. Maintaining control/secrecy/concealment phase – offenders become bolder.

-These stages help to identify the behaviors early on.

-Minimizing high risk opportunities:

- Locker rooms; bathrooms; social events; overnight travel; transportation.
- Athletes are more vulnerable when showering and undressed.
- Conduct regular sweeps of the locker room.
- Leave doors open or have others present.
- Unsupervised out of program contact / spending time at the coach's home.
- Need to adopt and monitor policies.
- Describe what activities the club sanctions.
- Risk increases when alcohol is used. Reduces a predators inhibitions. Alcohol reduces the ability to resist.

-Local travel:

- Creates controllable periods of time with athletes.
- Travel time is used to groom athletes...push the limits.
- Rely on family and not coaches to transport your kids. Car pools so many adults share the responsibility and no one spends too much time with the athletes. Coaches can transport in groups and have their own kids with them.

-Overnight travel:

- Single biggest risk factor.
- Easy for an offender to find the time and place for abuse.
- May book rooms far away from others to isolate the athlete.
- Conduct bed checks. Encourage athletes to stay in contact with parents.
- Assign athletes to rooms with same age/sex.

- Athlete / coach ratios.

- Have the hotel block pay-per-view channels.

- Reserve a specific space for socializing.

- Signs and symptoms of abuse:

- They may not know they have been abused.

- Fear of reporting – don't want to be a snitch/victim.

- Fear of what will happen if they report it; fear of retaliation.

- Most signs are behavioral...know your athletes.

- They lose enthusiasm for their sport; stop trying. Depressed; reserved, withdrawn.

- Effects – poor self-esteem; anxiety; depression; self-destructive; substance abuse; sexual maladjustment.

- Tell the athlete what you see. Ex. They are skipping practice.

- Tell them you'd like to help with whatever the problem is.

- Make sure they understand it is not their fault.

- If they disclose abuse you MUST report it.

- Barriers to reporting:

- Organizational: Club culture; lack of response; tolerating violations. Incentive to protect the organization. Enforcing athlete protection policies.

- Social: By standing or knowing and going nothing about it.

- Personal barriers: Fear of false reporting. Perceived lack of clear evidence.

- Report it and have it thoroughly investigated.

- Fear of retaliation and the effects on the entire team.

- Develop policies to prohibit/prevent abuse.

- Responding and reporting:

- Responding: 1. Interrupt or disrupt the misconduct.

- 2. Share your concerns.

- 3. Report to an administrator.

- 4. Report to law enforcement.

- Reporting: Legal responsibilities vary by state. Mandatory reporters include coaches. Anyone suspecting abuse must report it. Some states require it.

- Ramifications: Victim is impacted. You can be prosecuted if you don't report it. Organization is liable.

- When to report: 1. When you suspect abuse.

- 2. When you have knowledge of or have observed abuse.

- Don't attempt to investigate / evaluate. You will make yourself a witness.

- Most states have toll free #'s and you can be anonymous when you report through these #'s.