

ON YOUR MARKS!

The Newsletter of the Mass. State Track Coaches Association

***Special Interest
Articles:***

- Minutes of the January meetings.
- Highlights of our Invitationals
- Clinic notes and participation stats from our many meets

Individual Highlights:

Holiday Challenge	1
Auerbach FS	2
Winterfest	3
Do-It Clinic	4
Kalperis Relays	5
Spring Schedule	6

Moonshots by Frank Mooney

Dear Coaches,

The winter is finally over and thoughts drift toward spring, but we had an awesome indoor season. A cooperative effort of coaches, athletes, officials and administrators made it possible. Thanks again go out to our sponsors, the Reggie Lewis Center and its staff, and the Mass Track and Field Officials. Remember if you are using the single waiver and single payment system send that info to the correct people. Please refer to our website for important contact information. By the time you read this, our clinic will be over but a big thanks to all of those sponsors and speakers as well. The MSTCA Awards night is scheduled for May 19 and I guarantee it will not disappoint. We'll be awarding Coach of the Year, Coaches Hall of Fame and the ever-popular Frank Kelley Adversity Awards. A night not to be missed! The snow is melting, the birds are chirping. Spring track is here. See you all soon and thanks for supporting a great organization, made possible because of YOU! *Frank*

BOSTON HOLIDAY CHALLENGE from Bill Jennings

The fifth annual Boston Holiday Challenge was a huge success. An additional 260 elite athletes went to the starting line this year. This was accomplished even though four events, triple jump, pole vault, and distance and sprint medleys, were not offered. Keeping the standards competitive, athletes from Massachusetts, New Hampshire and New York competed at a high level. Five meet records were broken. Mike O'Donnell of Methuen was the lone boys record breaker in the 1000 meters with an excellent time of 2:29.51, breaking the record by five seconds. He also was the Top Track Performer at the meet. Evan Granfield of Bishop Feehan won the MVP award and Colin Hoey of Lowell captured the Best Field Event award. The girls had four meet record-breaking performances. Michaela Smith of Newton North broke the shot put record by two feet with a throw of 39 $\frac{1}{4}$ ". This earned her the Field Event Athlete of the Meet. Abby McNulty of Bishop Feehan ran a swift 10:44.38 in the two mile, earning the MVP award and Molly McCabe of Bishop Guertin won the 1000 meters in 2:57.22 and was the Top Track Performer. The 4x800 relay team from Narragansett broke the record by ten seconds with a time of 9:46.48. The weather held off until the end of the meet and light snow began falling as all had departed Reggie Lewis and were on their way home. Also, athletes whose standards were well below par were brought to the attention of their coaches. It was explained that this was done in the form of a warning. This was introduced at the meet because it was the first meet of the season in which standards were implemented. Steve Infascelli's announcing brought great excitement to the races and John Carroll did a wonderful job with the awards. Special thanks to Frank Mooney, Rick Kates, Lou Tozzi, Mike Meagher and Kevin Maloney for their tireless effort in making this a highly successful and quality meet. There was great competition, officiating and awards, including sunglasses for all the athletes.

Auerbach Freshman-Sophomore Meet by Lou Tozzi

This year's meet had the following participants:

Large Schools – 1699

Small Schools – 1264

Not an all-time record but one of our largest meets ever.

Competitor numbers were provided by John Gregorek of **Asics** and Red Auerbach award medals for all place winners, by Scott McClintock.

Thanks to Rick Kates for a fine job in preparing the performance sheets, entries, etc. on Hy-Tek.

Executive Board

Al Porter
 Art Iworsley
 Bill Jennings
 Bill Kane
 Bill O'Connor
 Bob L'Homme
 Bob Maguire
 Charlie O'Rourke
 Charlie Butterfield
 Chris Woods
 Dale Snyder
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 Dwight Estey
 Frank Kelley
 Frank Mooney
 Geoff Hennessy
 Harry Allen
 Ian Butterfield
 Jack Lang Jr.
 Jim DeProfio
 Jim Hoar
 Jim Kalperis
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 John Monz
 Kevin Black
 Kevin Maloney
 Livvy Kates
 Lou Tozzi
 Lucia Carroll
 Mark Thornhill
 Michael Budd
 Mike Meagher
 Mike Glennon
 Pat McGee
 Peter Comeau
 Rick Kates
 Steve McChesney
 Kristen Hoar
 Steve Infascelli
 Nicole O'Neil

Outstanding Athlete's awards:

Large Boys - Overall = Quinn Cooney, Chelmsford(meet record 1000m)
 Runner = Chris Jewett, Woburn
 Field = Kevin Pawlak, Westford Acad.

Large Girls - Overall = Melissa Soloman, Lexington
 Runner (2) = Maya Halprin,-Adams, CR&L
 Sydney Fisher, CR&L
 Field = Olivia Mileika, Oliver Ames

Small Boys - Overall = Avery Norton-Smith, Northampton
 Runner = Joe Luongo, Austin Prep(meet record 300m)
 Field = Kurt Robakiewicz, Nipmuc (meet record long jump)

Small Girls - Overall = Maria Garman, Scituate
 Runner = Amy Piccolo, Ursuline Acad.(meet record 600m)
 Field = Kristina McClure, Nashoba(meet record long jump)

Other **Meet records** were set in the Large School boys by Andover in the 4x200 and in the Small School girls by Hingham, also in the 4x200.

The entry blank expanded language requiring achieved marks/standards in the 2 mile, LJ and SP worked very well, along with the clarification of the meet not being "developmental", except in a few cases, resulting in the coach being called to the table.

'NT' and 'ND' entries resulted in a non-acceptance of over 60 athletes, so this will be revised on Direct Athletics to either reject (i.e. block) the entry, or the form will contain additional language clearly defining the non-eligibility of these athletes.

I will suggest an MSTCA **E-Board sub-committee** be formed to review all standards and actual times, with our goal being to make the meet more of a true F-S Championship, and less of a J.V. all-comers, developmental event, as some coaches still think it is.

Winterfest Report by John Carroll

Winter Festival Report

Large School – Saturday, Dec. 15, 2012

30 girls teams – 696 athletes

34 boys teams – 820 athletes

1516 total – just about the same as large

Numbers that competed in each event – girls listed first

2 M (20/36) – Hurdles (69/58) – Dash (133/135) – Mile (78/117) – 1000 (43/60)

600 (51/71) – 300 (138/171) – HJ (48/52) – LJ (46/71) – SP (79/114)

4x800 (8/12) – 4x200 (17/22) – 4x400 (11/14)

Small School – Sunday, Dec. 16, 2012

33 boys teams – 539 athletes

43 girls teams – 684 athletes

1223 total – just about 350 more than last year

Numbers that competed in each event – girls listed first

2 M (24/30) – Hurdles (79/34) - Dash (134/95) – Mile (74/73) – 1000 (53/46)

600 (53/48) – 300 (120/108) – HJ (57/40) – LJ (61/53) – SP (96/60)

4x800 (11/10) – 4x200 (22/20) – 4x400 (18/13)

Both meets began at 9:30am and both ended about 2:30pm.

Both were well conducted meets – no problems with either.

MTFOA was on top of everything

Great work in the back room to get everything moving and out on time.

Bringing the Hurdles and Dash athletes out to stand by the HJ pit to wait for their heats creates a large (human) fence that prevents those in the stands from seeing about 1/3 of the race.

Great way to begin the season.

Tidbits from the January E-Board meeting

Present: Frank Mooney, Jim Hoar, Charlie Butterfield, Al Porter, Charlie O'Rourke, Bill Jennings, Jerry Espinosa, Nicole O'Neil, Steve Infascelli, Mike Budd, Geoff Hennessy, Lou Tozzi, Pat McGee, Mike Meagher, Bill O'Connor, John & Lucia Carroll, Bob Maguire, Dale Snyder

1. Review By-Laws

Brief discussion of any further changes Don Finelli continues to volunteer his time as Attorney / Legal 'expert' Will be posted on MSTCA website, making it 'official & legal' E-Board will vote to approve today - we have a quorum Spring Clinic – There will be a presentation of MSTCA structure/committees as part of this document, but not the entire by-laws Rick makes motion to accept, 2nd, not unanimous (18-1)

2. Standards for Auerbach F-S Meet

Lou gave his report...question of the meet being posted as a Championship or a Developmental Meet. Standards in all events??? (in addition to SP, LJ and 2 mile), Committee formed – Lou to contact members & get started w/ a review, then report back to the E-Board with recommendations.

Do It Clinic A Resounding Success by Lou Tozzi

The 2012 Do It Clinic was held at the Reggie Lewis Center on December 2nd. With the numbers lower than previous years, the boys & girls were able to get more individualized attention from the Clinicians, who presented a diverse, inter-active program. Subsequently, the response & feedback was tremendous from the athletes, coaches, and parents who attended this 'free for MSTCA members' event. Clinicians included MSTCA Hall-of-Famers Bill Jennings, Tom Meagher, Joe Tranchita, John Carroll, Billy O'Connor, Kevin Maloney, Mike Glennon, Steve Gardiner of UMass-Dartmouth, Dale Snyder, and Rick Kates. Also returning to present were Isaiah Houtman (hurdles), 3:53 miler Said Ahmed, Mike Donahue (shot put), NCAA champ Jacqui Barrett (shot put), Nicole O'Neil (high jump), Dick Sullivan of Babson (sprint drills), Jerry Espinosa (off season conditioning), NCAA All-American Nate Hunter (shot put), Joe Patrone (high jump), Livvy Kates (distances), Pat O'Connor (pre-race routine), RLC Director Keith McDermott (long jump), and the always popular Jake & Rich Kennedy of Kennedy Brothers Physical Therapy (injuries). Special guests included Adam Stuhlfaut ("Sev's Cone Drills"), Sumner Fletcher ("Yoga For Runners"), and Byron Gartrell of Marathon Sports, who each joined our all-star roster this year. Additionally, thanks to Steve Infascelli for his outstanding assistance, Keith McDermott and Nancy Sheehan-Curran of the RLC, and of course, MSTCA Executive Director Frank Mooney. A great day of instruction in track & field for 21 schools and 308 athletes! Louis P. Tozzi.

"Our members are protected with insurance provided by the National Federation of State High School Associations."

Tidbits of the January E-Board Meeting

1. Review of Winter Meets So Far

Winter Festival (John C.) Holiday Qualifier (Jack L. not present) Team Pentathlon (Jim Hoar) Holiday Challenge (Bill Jennings): Conflict w/ RI Meet, no CT entries. A maximum entry fee of \$300 per gender was voted and seconded Auerbach F-S (Lou) Relays (John C.) Next year there will be 5 Divisions for the State Meet – will there be 5 Div. for the Relays???

2. Spring Meet Schedule

Distributed to Board (handout) Need sites for Div. 4 Relays and MIAA Championship Meet this spring - contact Frank if interested

3. **MSTCA Scholarships** Increased to \$12,000 Motion approved, unanimous

4. Membership Update from Charlie Butterfield

440 members as of 1/8/13, an all-time record Frank commended WMASS Rep. Michael Budd for his work promoting new memberships there.

5. 2013-2014 Indoor Schedule

Frank polled coaches informally; should we go to a 12 or 13 week schedule?? 85-2 voted to go to the 12 week schedule – passed unanimously 5 days Divisional Meets = Feb. 12-16, 2014 (Wed.-Sun.) All State = Feb 22 Sat., NE Meet = March 1st. 16.

6. Miscellaneous

MSTCA Awards Banquet - 5/19/13@The Lantana 2pm. Steve Sawyer voted MIAA COY last year & has been honored. Phil Maia nominated by MSTCA for Gill COY for MA. National HS Senate has created a new award also for National COY. Frank asked the Board for nominations for the MIAA COY.

Contacts for Winter and Spring

Spring:

MSTCA Spring Championship Relays – John Carroll (Trackjc@hotmail.com)

Freshman-Sophomore Meet – Large – Livvy Kates (livrunxc@gmail.com)

Freshman-Sophomore Meet – Small – Dale Snyder (icoachrunning@comcast.net)

Boys & Girls Coaches Invitational – Charlie O'Rourke (charlieorourke@gmail.com)

State Relays Review from John Carroll

The 2013 Kalperis Relays were a great success.

Congratulation to the Kalperis Relays Team Champions:

DI. Lowell Boys and Newton North Girls. DII. Woburn Boys and North Andover Girls. DIII. Hingham Boys and Hingham Girls. DIV. Weston Boys and Old Rochester Girls.

Records set: **D-II** Reading B LJ; **D-III** Randolph D Dash, Bishop Feehan G DMR, Hopkinton G LJ ; **D-IV** Newburyport B DMR, Uxbridge G Dash, Narragansett Reg. G4x800, Ursuline Acad. G SMR and G 4x400

Some good new things:

* Repositioning the girls SP sector gave the throwers better visibility and was far safer for the throwers and spectators. This was Frank Mooney's idea.

* Running the Hurdles/Dash first worked well and was the idea of Mike Glennon of Brookline.

Your comments would be appreciated on the following.

*For next year, would you feel comfortable scanning your entry and sending it to me via e- mail? This would still mean you print the entry (as you do now), complete it, scan it and e-mail it to me. What do you think about doing that?

*Did the Hurdles and Dash going at 9:30 work well for your team?

*The Kalperis Relays has always mirrored the Class Meet. In 2014 the MIAA will have five divisions for the Indoor Class Meets. The MSTCA Kalperis Relays is not sure if it will be able to go to five divisions for next year. A major obstacle to a fifth relay meet is securing a date for the meet; or we could have two meets on one day. Getting a place to have the meet is difficult, two meets on the same day, say at 9:00 and 3:00 is not a good choice. How would you feel if we stayed with the four divisions? Or should we try and create a fifth meet with the MIAA class division?

Please e-mail any other comments/suggestions. Letting us know things is the way that we can make things better. The better things work, the better the meet.

"Last year the MSTCA gave away over \$18,000 in scholarships and camperships funded from our T-shirt sales

**The Newsletter of
the Mass. State
Track Coaches
Association**

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We're on the Web!

See us at:
www.mstca.org

2013 SPRING SCHEDULE

MSTCA EVENTS

- Saturday April 27 D2 Relays@Walpole HS
D3 Relays@Pembroke HS
- Sunday April 28 D1 Relays@Andover HS
D4 Relays@TBA
- Saturday May 4 MSTCA Freshman-Sophomore Large@ Newton So.
MSTCA Freshman-Sophomore Small@ Westwood
- Saturday May 11 Girls Coaches Invitational @ Somerville-Dilboy
Boys Coaches Invitational @ Gr.NewBedford Voke
- Mon-Tue June 3/4 Boys Decathlon North@ Burlington HS
Boys Decathlon South@ Bp.Feehan-Attleboro
Girls Heptathlon North@ North Reading HS
Girls Heptathlon South@ Notre Dame-Hingham

MIAA EVENTS

- Saturday May 25 Eastern Mass. D1@Andover HS
Eastern Mass. D2@Notre Dame-Hingham
- Sunday May 26 Eastern Mass. D3@Pembroke HS
Eastern Mass. D4@North Reading HS
- Saturday May 25 Central Mass@Fitchburg State University
Western Mass@Westfield State College
- Saturday June 1 All State Championship@Westfield State
- Saturday June 8 New Englands@New Britain CT



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