

# USATF INLAND NW ASSOCIATION MEETING

September 25, 2022

Location: Southridge HS, Kennewick, WA

## Meeting Minutes

Start: 1:23 p.m.

End: 4:52 p.m.

## Members Present:

Jamie Cotton, Shannon Castelda, Heather Cotton, Frankie Ferraro, David and Bessie Kolva, Carol Lewis,

Donald Sorenson, Michael Hinz, Jim Peterson, Edith Gomez, Samantha Baker, David Greig, Bruce Bradley,

Brian Davidson, TJ Crater, Anna Alsept, Emry Carr, Teresa Robinson, Leslie Bell

Meeting minutes from previous meeting (March 2022) approval was moved by Bessie and seconded Edith. Passed unanimously. Meeting minutes from the March 2022 meeting will be sent out with the new meeting minutes, as soon as the new ones are completed.

## Board Member Reports

### President

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#### \* USATF Annual Meeting

\* Inland NW submitted a grant before the meeting and was selected; the proposal put in was for a program for kids who qualify for Nationals to receive help with their funds; it will also help replenish our INW fund; the proposal was for \$5000, we were granted \$2000. This is to rebuild funding to assist youth athletes wanting to attend Nationals but cannot due to financial hardship.

Athletes will need to submit an application to the Youth Chair to receive a scholarship. There will be information for these scholarships put out with the meet information for the Association's meets. Heather is still working on the details of how to get the \$ for the grant that was awarded; there was nothing about submitting receipts or reimbursement.

Applications for this year for the grant are up gain. The Board will decided what to submit a grant proposal for.

\* Annual meeting will be back to in person, with the possibility of a virtual option available. An email will be sent out asking for anyone who might be interested in attending in person and/or virtually. There is a registration fee for attending, which will be paid by the Association.

\* Association accreditation is complete and has been approved.

### Vice President

- \* Mike Hinz is no longer the Regional Coordinator.

### Secretary

- \* No report

### Treasurer

- \* Association has \$36,883 in the checking account ending this period.
- \* Association has \$23,587 in the savings account ending this period.

### Region Coordinator

- \* Mike is no longer Region Coordinator and has been replaced.

### Officials

- \* Numbers of officials in database is 118, 53 are currently certified. These include 33 apprentice level, 10 association level, 4 nationals level, and 6 masters level.

Jamie's focus is that when an official is certified with our Association, they need to work our Association meets.

- \* Linda Lanker is working with the Podium and Spokane Sports Commission to get more officials certified.  
There will be an officials training at the Podium on October 16<sup>th</sup>.

- \* Carol Lewis asked if it would be enforced, moving forward, that every club have a certified official at every meet. Jamie answered: Yes. If a club does not follow said rules, they are not in good standing with the Association and are in danger of losing their club membership. That would mean that every athlete associated with that club would either have to find a new club or compete unattached.

Emry Carr asked if clubs that don't participate in youth track and field have to have an official. Jamie said technically no, since they are only cross country and there is less officials needed for XC Association meets.

### Mens/Womens Track and Field and Masters/Sanctions/Diversity/Indoors

- \* Sanctions: With the new system in place, sanctioning road races and local meets has been a breeze. She have sanctioned over 25 events so far this year without any issues. It's been nice, no complaints!
- \* Officials: We have signed up 9 so far for our October 16 Officials Training at SFCC. Coach Spatz and Linda along with the technical help from Chris Lowe will run the training that day. She is working on recruiting more young HS coaches in the area. Linda has 140 officials on my Podium list and many still need training. There will be a Zoom NCAA rules clinic on the 6<sup>th</sup> of November with Mark Kosteck, more details to follow.
- \* Masters: Linda is starting a campaign to recruit more masters athletes in this area. Bloomsday Roadrunners and Ironwood are helping gather a list to promote more Track and Field Locally.

- \* Men's T&F: Nick Johnson, Parker Bowden, Sam Brixey, Paul Ryan, Brock Eager, CJ Allen all out of WSU qualified for US Nationals. Each University and High School are contacted to let their athletes know the opportunities and funds available to compete USATF.
- \* Women's T&F: Katie Nageotte, Caroline Austin, Brooke Miller, Kara Winger who trained part time with Ironwood and WSU all had success this season.
- \* The USATF Indoor Nationals was a huge success at the Podium in February. With tough restrictions on the volunteers, they got the job done with positive reviews from NBC and Adam Schmank with USATF. Attendance was high and lots of positives all around!
- \* Linda will be putting on another clinic February 25 for high school athletes and coaches. She will have the clinician list complete soon.

### Race Walk

- \* No report

### Sports Medicine

- \* Dru Lopez requested \$300-\$400 for the restocking of supplies for the assistance at the Association meets.

This was added to the proposed budget.

### LDR/MUTT/Substance Abuse

- \* Successful World Championships overall
- \* XC is off to a good start. Nike Nationals is back with their complete rounds of meets.
- \* Road Racing is holding races. The numbers are down but they are hoping to change that.
- \* In WA state, it is illegal to discriminate against transgender athletes.

USATF has more latitude in dealing with the transgender issues. USA Triathlon and Swimming have put in place more restrictive policies based on testosterone levels and fairness rules. This will be debated at the national convention.

### Youth

- \* Nationals office has been pushing to up memberships; there has been a huge decline in numbers. There is a grant available called the Grow to Impact grant. Associations are allowed to apply for the grants to help grow their membership. Inland NW didn't apply. Heather has been told from other associations that those who were awarded the grants have not been receiving the monies.

Our local associations and clubs all grew. There is currently over 1000 youth members, 23 clubs in our Association of which 13 are youth clubs. We lack the numbers to unattached athletes because it is hard to get the information to them or there are discrepancies in their addresses that bump them to a different Association. This is controlled at the National level and needs to be fixed at the National level. We would like to work on targeting areas that have none/few clubs—how can we do this?

Mike Hinz suggested we use grants to target growth, using the \$ for newspaper/social media ads

Carol Lewis suggested working with local school districts to get the information in backpacks. A good contact would be the local ESD's in each area.

TJ Carter said he had contacts in Wenatchee and the surrounding area with middle/high school coaches, and would be willing to start spreading the word.

\* Association meet at Ridgeline HS had approximately 300 athletes

JO meet at Southridge HS had approximately 400 athletes

Regional meet at Hanford HS had approximately 1340 athletes

\* Stripe got messed up when the Treasurer's were switched. 15 people cancelled their meet fees for the Regional meet because it showed up as Robyn's business. About \$1000 was lost from our Association but Heather is working on getting it returned.

From the Regional meet, there will be an additional \$24,063 deposited into the Association's account

Level 1 coaches/coaches on the Coaches Registry were offered free entrance; all others had to pay.

Most Associations lose \$ on their Regional meets, we made a significant chunk. There were many great compliments given to the running of Regionals and commendations to our volunteers for all they did.

(Add in information about the \$ regarding Regional meet here)

\* Inland NW Association/JO meet will be held November 12<sup>th</sup> at CVHS, as well as an Open/Masters meet for accreditation.

Region 13 Regional XC meet will be held November 19<sup>th</sup> at Chambers Creek. Course preview will open

at 2 p.m. on Friday. They are working on getting hotel room blocks.

\* Regionals for next club track season will be off due to Robyn Beamon choosing Oregon Association to host the National meet at Hayward Field. The meet hosts will not participate in Regional meet, their top 8 will advance automatically to Nationals. Regionals will be held in Seattle next year, throwing off the normal rotation. As of now, we are not sure if the top 8 or top 5 will advance to Nationals from the Regional meet. Regionals will be held July 6-9, 2023.

\* To host a National track meet, the Association must front \$40,000 and possibly get \$10,000 back. Most associations cannot front that much money, so they need an LOC (Local Organizing Committee) to do the submission for hosting as well as the organization. Once a bid comes in, they will have to present before the YEC (Youth Executive Committee).

Emry Carr and Frankie Ferraro posed the question if it would be possible to put together a bid for our association to host the XC Nationals? Anna replied yes, there are a lot of people on board with looking in to hosting. (Spokane Sports Commission is Inland NW Association's LOC)

\* Discussion was had about looking at more ways to host more meets during the year that are not just Nationals or the usual Association meets. This could include hosting a Region meet that was just throwers, just relays, just distance, etc. We could invite other associations, make it an elite or open meet, whatever we chose.

### Records

\* Youth records are up to date and will be posted to the website soon. If you wish for a hard copy, you can send a request to Bessie via email and she will send you the link.

\* Email Bessie any results from meets (USATF meets only) from our athletes ([bkolva@roadrunner.com](mailto:bkolva@roadrunner.com)) when a record has been broken. It will need to be verified individually and the club will need to bring it to the attention of the Association.

### Para Sports

\* Move United has grants available to help get Para officials trained

\* ParaSports started the Pine Cone Classic meet, which will be an annual event.

\* Question was asked if teams had para athletes, is there ways to have information on how to get the various certifications. David responded yes. There are 32 classifications to ensure people with the same impairments compete against one another. If you need assistance, please contact David with help with the classification, understanding the rules and the impairments as it is difficult to navigate individually.

\* There were 6 athletes/5 adults picked to go to IWAS in Portugal.

SafeSport Coordinator

\* No report

Spokane Sports Commission

\* The Podium facility will be completed in November 2022

\* 2022 recap: Total Events: 12 • Total Event Days: 22 • Collegiate Practice Program: 56 Sessions • Hotel Room Nights: 10K • Total Visitors: 19K • Economic Impact: \$15.5M  
• Pinnacle Event: USATF Indoor Championships

\* 2022/2023 COLLEGIATE SEASON PREVIEW

Spokane Invitational December 10, 2022

Cougar Classic Invitational January 13, 2023

Spokane Indoor Classic January 13–14, 2023

Indoor Track & Field Meet January 28, 2023

WSU Open & Combined Events February 2–4, 2023

Whitworth Invitational & Combined Events February 10–11, 2023

MPSP Indoor Track & Field Championships February 17–18, 2023

GNAC Indoor Track & Field Championships February 20–21, 2023

WAC Indoor Track & Field Championships February 24-25, 2023

Lilac Grand Prix dates to be released at a later date

\* 2022/2023 HIGH SCHOOL/ALL COMERS SEASON PREVIEW HIGH SCHOOL TRACK & FIELD MEETS

High School Indoor Track & Field Meet January 14–15, 2023

High School Indoor Track & Field Championships (Few middle school competition opportunities.)

March 4–5, 2023

ALL COMERS MEET Spokane Speed Games February 10–11, 2023 Morning: Youth Run Jump Throw Afternoon: Throws Clinic Evening: Running Events only (middle school, high school, open and masters)

\* Officials upcoming training opportunities:

In person officials training: This clinic will prepare you with hands on training in becoming a USATF Certified Official and also go through the required classroom materials. Date: Sunday, October 16, 2022 Location: Spokane Falls Community College Time: 11:00am–4:00pm Cost: \$35 which covers your official certification fee. Lunch included.

Online Zoom rules meeting: Online zoom meeting with Mark Kostek to go over NCAA rule changes and refresh on current NCAA Indoor Track & Field rules. Date:

Sunday, November 6, 2022 Location:  
participants Time: 6:00pm –6:30pm Cost: FREE

Online – Zoom link will be sent to

Podium training: First chance to get into The Podium and connect with event groups for the season. Volunteer training this evening as well. Date: Monday, December 5, 2022 Location: The Podium Time: 6:00pm –8:00pm Cost: FREE Further information to come

### Old Business

- \* No old business

### New Business

- \* By-laws and Policies:
  - \* Nationals office sent out information last year to update the by-laws. These were approved last year and have been put in place. They can be found on Inland NW Association website under Governance. There is an emphasis to follow the by-laws and policies as written.
- \* Proposed Budget:
  - \* In previous years, information was sent out regarding monthly deposits made into the account from the Nationals office regarding individual and club memberships, and sanction fees.  
  
In 2022, Inland NW Association was reimbursed \$17,396 from the Nationals office.
  - \* Emry Carr proposed we add into the budget to purchase rule books for each club. These are found online but it is burdensome and inaccessible during the meets. Jamie agreed that when they are available, the Association will provide a rule book for each club. This will be added to the Officials Equipment line item.
  - \* After the budget is approved it will be posted on the Inland NW Association website. This is required, as well as to have the last 3 year's budgets posted.
  - \* Mike Hinz moved to approve the proposed budget. Dave Kolva seconded. Proposed budget was passed unanimously.
- \* Joe Sondag received an award from the Association for outstanding service from the Officials Committee.
- \* Masters Athlete nominations?  
Heather Cotton moved to table the conversation.  
Frankie Ferraro seconded.  
Passed unanimously.

\* Association/JO Meets:  
\* Tri City Thunder and Valley Flash will host the first 2 meets, will talk and decide who will host which meet.

\* June 3, 2023 is the date for the Association meet

\* June 16/17 is the date for the JO meet

\* Voting:  
\* President: Jamie Cotton was nominated and seconded by Mike Hinze/Bessie Kolva; Frankie Ferraro was nominated and seconded by Emry Carr/Bruce Bradley. Jamie was elected by a vote of 5-3 with some members abstaining.

\* Vice President: Mike Hinz was nominated and seconded by Jamie Cotton/Edith Gomez. Mike was elected unopposed.

\* Secretary: Shannon Castelda was nominated and seconded by Jamie Cotton/Frankie Ferraro. Shannon was elected unopposed.

\* Treasurer: Edith Gomez was nominated and seconded by Mike Hinz/Frankie Ferraro. Edith was elected unopposed.

\* Committee Chair positions to be nominated by the President with each person's acceptance and approval. Linda Lanker would like to continue in her positions of Men's & Women's T&F/Masters T&F/Sanctions. Dave Kolva would like to continue in his position of Race Walking. Jim Peterson would like to continue in his positions of Men's & Women's LDR MUT/Substance Abuse. Heather Cotton would like to continue in her position of Youth Chair. Frankie Ferraro also asked to be considered for Youth Chair. Bessie Kolva would like to continue in her position of Records Chair. Jamie Cotton would like to continue in his position of Officials. Dru Lopez would like to continue in his position of Sports Medicine. Bruce Bradley also asked to be considered as co-Sports Medicine Chair. Anna Alstep would like to continue in her position of Sports Commission. Bruce Bradley would like to be considered for SafeSport Coordinator Chair. David Greig would like to continue in his position of Para Athletics. Donald Sorenson would like to continue in his position of Website and Communications.



\* National Convention delegates will be based on whether it is in person or a hybrid.

\* Next meeting date will be February 5, 2023 at 1 p.m. at Spokane Sports Commission office. As of now, it will be held in person but it is reserved dependent on weather. If the weather is bad, it will be held via Zoom.

Mike Hinz moved we adjourn the meeting, Dave Kolva seconded, passed unanimously.  
Meeting adjourned at 4:52 p.m.