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Volume 1, Issue 1

“Find the good. It’s all around you. Find it, showcase it and you’ll start believing in it.”

Jesse Owens

WWW.GATFXCCA.ORG



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An advocate and resource for the Coaches / Supporters of Georgia!



## An exciting year in our sports!

Matt Henson (Parkview), President

When I was first approached about being interested in this position, I was not sure that I was the right person for this job. With the formation of the forefathers of our association, I quickly realized that there was plenty of support, but there needed to be a collective/unified voice. As a track/football coach, I think I bring a unique perspective as I am surrounded by several XC experts, as well as track & field connoisseurs. It has been an honor and privilege to serve our running/field event community, and I look forward to continue evolving our relationships with the GHSA, Atlanta Track Club (founding partner), BSN Sports (founding sponsor) and our media to celebrate our nationally renowned sports.

Understand, the key word to this is reaching a CONSENSUS. It’s going to be virtually impossible to please everyone/every time, but rest assured that the efforts and resources being assembled are to

help **YOU** as a coach, **YOUR** athletes and ultimately, **OUR** sports!

Coach Monk has been an incredible advocate for years for XC and track & field, and her efforts have been paramount for achieving a lot of our success as an association. She was instrumental in combining our efforts with the vision of the Atlanta Track Club to assemble a “who’s who” clinic well-attended in spite of inclement weather, and helped develop a budget that supports our endeavors to progressively improve the running seasons.

In retrospect, our association board and elected representatives have been working at a break-neck pace in addition to their classroom/professional duties and I would like to personally thank them for the input, discussion, preparation and commitment to unselfishly move XC/Track & Field forward for everyone. Their passion for improvement is second to none.

As we approach the end of our first season as an official coaches’ association with by-laws, membership base, etc., it’s important for us to understand that in order to promote and support change, it does not require a militant approach. We must continue to survey each other and prepare relevant data that encompasses progressive change in a selfless manner.

In closing, **we need you!** If you are not yet a member, let me personally encourage you to make the small financial investment that has already paid dividends to our current members/staffs.

There is no denying our collective voice is being heard, and is respected. Join our cause. 2016-2017 are poised to be monumental years in XC/track & field in GA!

Thank you for all you do for our sports.

Yours in track & field,  
Coach Henson

## Representatives

### Cross Country

#### 1-A Private

Scott Neal, Tallulah Falls

#### 1-A Public

Bobby James, Johnson Co.

#### AA

Chad McDaniel, Wesleyan

#### AAA

#### TBA

#### AAAA

Wayne Broadhead, Wayne Co

#### AAAAA

Jason Newton, McIntosh

#### AAAAAA

Andy Christie, Mill Creek  
Chairperson

### Track & Field

#### 1-A Private

Dan McCauley, Paideia

#### 1-A Public

Tim Suttles, Montgomery Co

#### AA

Will Wood, Jeff Davis

#### AAA

Rico Campbell, Johnson-Sav.

#### AAAA

Claud Spinks, Eagles Landing

#### AAAAA

Eric Daugherty, Union Grove

#### AAAAAA

Robert Wilson, Westlake  
Chairperson

## 2015-16 hall of fame announcement

*Andrew Hudson (Collins Hill), Committee Chair*

We are excited to reintroduce the Hall of Fame after a couple of seasons without inductions.

The organization is transitioning to new processes as we proceed. We plan to select a committee and to introduce a nomination process that will begin in the Fall of 2016.

In spite of a short time frame, we have selected

three outstanding inductees for our Spring class:

- Jimmy Carnes (coach)
- Willie Gault (elite hurdler)
- Ronda Gullate (national champion discus thrower).

The committee is gathering information to present and induct these outstanding contributors to

Track and Field in Georgia at the Atlanta Track Club banquet on Wednesday, June 1 at their facility.

Limited seats/dinners will be available to purchase through the Atlanta Track Club. Check their website for details.

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



## XC proposals passed by the GHSA

*Andy Christie (Mill Creek), XC Committee Chair / 6A XC Rep*

As you have probably heard, the GHSA passed both Cross Country proposals at their April meeting.

The first proposal, presented by the Coaches Association, was the Area proposal for Class AAAAAAA for the Fall of 2016. To qualify for State, 2 Regions will be combined (based on geography) to form an Area, and teams must be in the top 6 to move to State. Individuals must be in the top 12 to move to State. The Region pairings will be announced by the GHSA ASAP.



The second proposal was led by Coach John Rowland of North Gwinnett, with support from the Coaches Association. Starting this fall, the rosters for Area/Region/State will be finalized at a "Scratch" meeting the day of the Area/Region Meet, to be more in line with procedures for Track (and also cut down on athletes not getting the chance to participate at State due to rapid improvements or errors).

Both of these proposals passing should hopefully improve Cross Country in the state of Georgia!

## Business update & community outreach

*Cathi Monk (Pope), Treasurer*

The number of GATFXCCA schools and memberships continue to grow and with this increase, we are able to have a greater influence in supporting the GATFXCCA programs.

With the generous support of the Atlanta Track Club, our association has been able to expand our dedication to the track & field/XC community in a multitude of ways. This year's annual clinic was a huge success that showcased some of the best and most experienced clinicians throughout the United States. The two-day clinic was held at the ATC facility with over 160 coaches attending.

Some of the presenters included:

- Loren Seagrave (sprints)
- Amy Yoder Begley (distance)
- John Godina (throws)
- Mike Judge (strength training)
- Jeff Hartwig (vault)
- Johnny Seabrooks (GHSA rules)

The community outreach efforts of our association also included assistance with the annual Coaches' Invitational at Lakewood Stadium. Meet information and history can be found at

[www.coachesinvitational.com](http://www.coachesinvitational.com).

This year's meet produced some of the most competitive races in Georgia, as always.



### Tentative Coaches Clinic Info

2016-17

1/13 & 1/14

Atlanta Track Club Facility

## COACHES INVITATIONAL

*Georgia's Premier High School Track & Field Event*

Finally, the association developed a new series of scholarships to award to a deserving young lady and young man who compete in either cross country and/or track & field.

Student-athletes had to be nominated by their head coach, and each student submitted a personal response to the question "What lesson has XC/Track & Field taught you that you think will most apply to your life?"

We are very grateful that the GHSA's Jay Russell, Gary Phillips and Girls State Meet Director, Johnnie Seabrooks, included the announcement of our first female winner in association history at the girls state meet opening ceremonies on Saturday.

Congratulations to Jessica Moody of Parkview, the recipient of a \$750 scholarship! The boys will be announced in Jefferson this coming weekend!



*Jessica Moody being congratulated by Coach Seabrooks for receiving the first GATFXCCA Scholarship in Albany!*

## Representatives

### At-Large

#### Cross Country

Katie Smallwood, Greenbrier  
Mike Beaudreau, Hebron Chr.

#### Track & Field

Alesia Gibson, Ware County  
Dextra Polite, Colquitt County

#### Club / Summer Liasion

Mike Judge, ThrowIDeep

## GATFXCCA upcoming survey

*Will Wood (Jeff Davis) AA Track Rep / Matt Henson (Parkview) President*

As we move forward, it's imperative that our Executive Board and representatives know the direction that you the coaches want to go with addressing potential reform.

Considering that the XC committee and Coach Rowland were able to catch the ear of the GHSA and persuade them of the advantages of the two proposals just passed, there is definitely a precedence that has been set for the process to not seem futile anymore.

The GHSA is obviously a proponent of progressive change, and the approach we must take should be organized and informative, and include a majority of input from ALL classifications and regions.

Please respond to the survey once it goes live so we can begin gathering data and developing our agenda for our upcoming conference calls, and for the work session in July.

Your input is valuable, and your opinions are priceless!

The following are some potential topics for the survey:

- State meet schedule
- Event(s) addition to season
- State meet venues
- Combining girls/boys for state competition
- Jewelry rule
- Adding indoor track

There are certainly more ideas to consider, so be prepared to help us create a list of what YOU want to see changed for the better of us all!

## How you can make a difference

*Travis Gower (Walton), Secretary*

Coaches, do you want to make a difference in Georgia cross country and/or track & field? Don't go at it alone. I have learned firsthand that dealing with the GHSA on your own is a losing proposition, however, as a group, we coaches can make difference to better our sports. But we need your help.

How can you help the GATFXCCA?

⇒ 1<sup>st</sup>, register as a member for yourself or your school through [www.gatfxcca.org](http://www.gatfxcca.org).

⇒ 2<sup>nd</sup>, get involved and share your opinion! Is there something you would like to see change in cross country in Georgia? What about track & field? Is there a coach or former athlete that you feel deserves nomination for the hall of fame? What concerns, suggestions, or help can you provide to help to improve the sports we love for both our athletes and teams across the state?

Contact your representative and share your voice. The full list of Executive Board members can be found here: <http://www.gatfxcca.org/coaches.php?position=coach>

If you are interested in serving on the Executive Board in the future, please feel free to contact us so that we can help you with that process.

Future meetings:

Sunday, May 22<sup>nd</sup> (4<sup>th</sup> Sunday of each month): Executive Board Conference Call

Sunday, July 24<sup>th</sup>: Executive Board Meeting (location & time TBD)

General Membership Meeting: 2017 Coaches Clinic (date & time TBD)

Thank you for dedication to Georgia cross country and track & field!



# GHSA girls state meet recap—best ever?

*Tim Suttles (Montgomery County), Communications Chair / 1A Track Rep*

Many think that we were fortunate enough to witness the best girl's State Meet in a long time, possibly ever. It is hard to argue against the idea when you take a look at the incredible performances that were turned in over and over again from girls from all over the state in every classification.

## Bounding at a Whole New Level

We have come to a point where the standards have been raised so high in GA, that a girl can triple jump 38-9 and finish 6<sup>th</sup> at the State Meet! We are talking a jump that is 3 inches better than the elite gold standard that earned Onyinye Chukka of Douglas County the 6<sup>th</sup> place medal. A 40 foot female triple jumper used to come once in a coaches career, if you're fortunate. 4A champ, Tyeisha Juhan of Mount Zion, Zion Lewis, 5A champ from Creekview, and Brianna Isles, 6A champ of Brookwood, all bounded for 40+! Juhan's winning attempt was a 22 inch PR that measured an all class best 40-4.25.

Taylor Deloach of St. Vincent's led the way in a field of 12 long jumpers that went better than the gold standard of 18-06. Deloach's jump 20-5.25 (wind) was nothing less than incredible for the future Buckeye. North Spring's, Bria Dean, capped off an unbeaten senior season with a PR of 19-10.25. Maybe we can see these two at the MOC! Don't expect a drop-off in the long next year as 16 returners leapt 18 or better.

## Dingler Raises the Bar, Again

Carson Dingler is the best female vaulter that Georgia has ever seen, and we will get to see her for one more year! 13-2 and a new state record! Leaves us to wonder where the record will stand after next year. Alex Potts of Woodward Academy (11-06) and Rachel Sherrill of Dacula (11-06) had impressive clears to earn Gold also. In the high jump, Natasha Jordan of Richmond Academy won her 2<sup>nd</sup> title in the event clearing 5-8. Mount Zion's Imani Carmouche also went 5-8 and picked up the 4A title. Junior, Morgan Carelock, of Jeff Davis High School will be going for number 3 next year as she picked up her second title in the high jump.

## Flying Objects

A pair of 140+ throws led the way in the discus. Maggie Johnston (144-05) of throws powerhouse, First Presbyterian, and Dacula's, Chelsea Igberaese (142-00), led the pack in the Discus. Makenli Forrest of Woodward Academy doubled with an all class leading 45-0 in the shot and 133-8 in the discus. Madelyn Lee won 2A with a massive heave of 44-9.

## Blazing Hurdlers

The 100 meter hurdles saw an astonishing 13 girls meet the gold standard of 14.50. Tia Jones of Walton and Cortney Jones of Rockdale ran a blazing 6A finals going 13.20 and 13.60 respectively. This was the year for the 300 hurdles as 22 girls were better than the gold standard of 44.50. Leading the charge were Marist's Tamira Gitonga (42.21) and Ja'Miya Poole of Monroe Comprehensive (42.24). Campbell's Alexis Jones picked up her second consecutive title in the 300h winning the 6A race while clocking a 42.25.

## Hall Not Hill

Cassandra Hall picked up the reins that were left for grab in the sprints. Hall picked up her 4<sup>th</sup> consecutive title in the 100 running an all class best 11.74 in the finals. She won her 3<sup>rd</sup> title in the 200 by strolling to a 23.88. Amecia Pennamon of Mary Persons, Kaylah Lumsden of Tucker, and T'aja Cameron of ELCA also ran a very impressive 11.74 in the 100. Taylor Deloach of SVA picked up her 2<sup>nd</sup> and 3<sup>rd</sup> leg of her triple sweeping the short sprints, bringing her to a total of 6 state championships between the 2 events.

## Farewell to the Distance Studs

Names that we have all come to know will no longer be winning races for us to witness, at least at the High School level. Moving on to run at the next level will be Savannah Carnahan, Emma Grace Hurley, Lindsay Billings, and Riley Burr. Burr lead the impressive times in the 1600 with a 4:48.60 while Billings went 10:21.74, Carnahan logged a 10:27.35, and Hurley ran 10:33.23 in the 3200. Left to fill their mighty big shoes are names such as Nicole Fegans from Landmark Christian and Anna Marian Block of Athens Academy.

## A Race for the Ages

If you left your seat for the 6A 800 meter finals, what were you thinking?! In an epic race that saw the top 5 finishers run better than the gold standard of 2:15.00 and the other 3 placers run smoking times as well. Riley Burr just did beat out Emoni Coleman of Tucker (freshman US #2 2:11.44) and Marielle Lewis of Campbell (2:12.18 at the line, and Leah Disher of Parkview (freshmen US #4 2:13.57) rounded out an unreal top 4. Anna Marian Block is the top returner as she won the Class A private race with a blistering 2:10.82.

## A Man's Race, Ha!

We will no longer get to witness McEachern's Makenzie Dunmore blister the track at Hugh Mills Stadium, but she left us in a cloud of smoke on her way out. Dunmore (53.01) led the 5 girls that clocked a 53 at the State Meet in what many consider to be the hardest event in track & field. Don't fret over graduation though, Marietta's freshman sensation, Sterling Lester, is running like a collegiate All-American now. She finished 2<sup>nd</sup> to Dunmore with a 53.30.

## THE Relays

When you have time, take a look at all of the relay teams that met the gold standard – 48.00 & 3:55.00. McEachern and relay powerhouse, Westlake, flat out scorched the track in the 4x100 going 46.01 and 46.03 in the finals. McEachern then turned around and went 1<sup>st</sup> and 4<sup>th</sup> in the 4x4 to cinch the deal on the team title. McEachern's B team met the gold standard mark in the 6A race that saw all 8 teams go 3:55 or better!

**The stock of track & field in Georgia may be at an all-time high. The girls put on a show at Hugh Mills that will put us in the talks with states such as Texas and California. The boys better pack their lunch pails if they want to rival what we just witnessed in Albany!**

## Executive Board

- **Matt Henson, Parkview**  
President
- **Sheldon Pearce, Appling Co.**  
Vice President
- **Travis Gower, Walton**  
Secretary
- **Cathi Monk, Pope**  
Treasurer

## Membership update

*Sheldon Pearce (Appling County), Vice-President*

The current membership of our association is 260 and growing. There are still several people who are not aware of our association, or have not gotten enough information to join.

If you are interested in becoming

a member, please visit our website at

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

where you can join, view our vision & mission statements, as well as finding other information including the following about the GATFXCCA:

- Hall of Fame List
- Scholarship Info
- All-time GA Records
- Current members
- Variety of other information & announcements
- Contact info

# Join Now!

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

*\$20 per year (clinic to clinic)*  
*\$100 per staff (clinic to clinic)*

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*On Twitter!*

*Like Us*  
**GA Track/XC Coaches Association**  
*On Facebook!*

