

OHIO AAU TRACK AND FIELD
FALL MEETING
Lima, Ohio
Saturday, August 22nd

The general meeting started at 1:36 p.m.

Welcome by DeCarlo Blackwell

Introduction of attendees: DeCarlo Blackwell, Chairman, Chris Jackson, Co-Chair, Tom Boggs, Inge Clark, Yolanda Freeman, Shaun Guice, India Hughes, Rick Hyatt, Andrea King, Christo Lassiter, Shawn Lewis, Vicki Travis and Desmond Williams.

1. Review of 2010 Season

- a. Overall the season went well. On average 350 athletes attended meets.
- b. The website has been a great addition and help to teams and parents of athletes. We are looking for assistance for Frequently Asked Questions (FAQ) to help answer track and field questions.
- c. BJT Timing & Services is looking to add two(2) people to the timing crew. Please contact DeCarlo Blackwell or Chris Jackson.
- d. We need more AAU Officials. Ask parents and volunteers to become Officials.

2. Indoor Season

- a. Black-Jack Track will host the Black-Jack Track Indoor Classic on 1/22/2011 at BGSU 9:00 am.
- b. The entire Indoor schedule will be posted in October.

3. Cross Country Guidelines and Updates

- a. In order to field a team you need at least 5-6 athletes in each age group. There is an effort to form one OHIO Association Team.
- b. Black-Jack Track is having a 5k run and 1 mile walk on 10-16-2010. We need the support of Ohio teams to make this a success.
- c. Fall conditioning will be starting on Wednesday, September 22, 2010. Speak with DeCarlo Blackwell for details.
 1. Fall conditioning is very crucial for the upcoming summer outdoor season. We look forward to your participation.

4. Complaints and Protest

- a. Please follow the chain of command regarding issues at meets. The chain of command is as follows:
 1. Talk with Officials
 2. Field Judge or Track Referee
 3. Meet Director or Meet Management to resolve issues.
 4. Please do not hesitate to bring your track meet concerns to our attention so that we can resolve the issue in a timely matter.

5. Ohio AAU Association Awards Banquet

- a. The Association will be hosting its first awards banquet on September 25, 2010. Everyone is encouraged to participate.
- b. More information will be provided

6. Ohio AAU Track & Field Newsletter

- a. The association will be putting together a newsletter every 3 months.
- b. The first edition will be out September 25th
- c. Managing editor will be Andrea King. Please submit ideas to her.
 - 1. We will highlight teams, athletes, and subjects relating to Track & Field.
 - 2. The newsletter will be sent via email.

II. Officials Certification-Yolanda Freeman

- 1. We have 35 certified officials and we need more.
 - a. Officials get burned out
 - b. Would like the opportunity to work a different event.
 - c. We want you to rotate people with 6 or more trainees.
 - d. The trainees will come to you.
- 2. Great sources for specific event training are the Ohio High School Association and USATF.
 - a. USATF has training in January for free.
 - b. We will help link you or even provide event specific training if needed.
- 3. Uniforms for Officials include:
 - a. Khaki slacks, skirts, or shorts
 - b. Polo shirt
 - c. Belt
- 4. Officials must have the required equipment to manage an event efficiently.
 - a. Please keep with you at all times:
 - 1. Rule Book
 - 2. Tape measure
 - 3. Implements

III. National Qualifier

- 1. Ohio will be bidding again for the National Qualifier. Location to be determined depending availability.
- 2. Possible locations are:
 - a. Columbus
 - b. Dayton
 - c. Lima
 - d. Springfield

IV. BJT Timing and Meet Management

- 1. The cost for timing, meet management and other services contact DeCarlo Blackwell.
- 2. The timing crew has done a great job and will continue to receive additional training to become more proficient.
- 3. If anyone is interested in training contact DeCarlo Blackwell or Chris Jackson

V. Presenters

1. Christo Lassiter, Esq., presented great information regarding tax documentation for individuals who volunteer. Mr. Lassiter will present on the topic of Liabilities in the winter.
2. Understanding the High Jump - Shawn Guice, presenter.
 - a. Mr. Guice provided insight on how to develop a high jumper.
 - b. Exercises
 - c. Techniques
3. Nutrition - Andrea King, presenter
 - a. discussed the importance of nutrition
 - b. energy
 - c. muscles recovery.

*Handouts sent upon request