

2010 - 2012  
**RACE WALK DEVELOPMENT PLAN**  
**DRAFT**



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By

Maryanne Daniel – Women's Development

Dave McGovern - Men's Development


Vince Peters - National Chair USATF Race Walk Committee

(937) 767-7424 (h/w)

(937) 689-4202 (c)

mv\_tc@sbcglobal.net

**DRAFT**



USATF is charged by its Bylaws (Article 3) with the responsibility for developing interest and participation in the United States at all levels and developing the highest possible performance level for the United States in international competition. USATF has failed horrible at this as over the past decade as it systematically curtailed and reduced development funding for race walking. In 2009 it reduced funding from \$15,000 in 2008 to only \$2,000. This document looks to correct and provide guidance by presenting a strategic plan for the development of race walking in the USA from 2010 to 2012 and beyond.

## **DEVELOPMENT PLAN BACKGROUND**

Four USATF Junior records were broken by three different individuals in 2009.

However, under the current conditions, it is highly unlikely that the US will have a race walker up on the Olympic podium in 2012. In all honesty, we are about as far from that goal as ever but that doesn't mean it can't happen, it would take a good deal of support, effort and creativity. We hope that with the full support of the USATF we can give our governing body and the USA a shot at one, or more, of the nine possible medals in race walking—men's and women's 20K and men's 50K.

The development of Olympic medalists in race walking is similar to that of every other event in track and field. It is dependant on the availability of coaching, training, and competitive opportunities for the athletes in the development pipeline. But race walking differs from all other event groups in the United States for two reasons:

- 1) In contrast to every other event in track and field, the race walk event group does NOT share the large, continuous development pipeline where there are literally hundreds of thousands who participate at an early age.
- 2) USATF, its High Performance Committee, and the USOC, have failed to recognize this as race walk's critical zone, and instead of increasing developmental funding have severely curtailed developmental activity funding, coaching education opportunities, and support for elite and near-elite athletes.

The Race Walk event group lacks the entrenched, institutionalized support other disciplines, such as the sprints, jumps, and distance events enjoy. Race walking has limited exposure at the club, high school and collegiate levels. It is offered at the high school level in only two states. At the collegiate level it is unceremoniously ignored by the NCAA. In contrast, race walking is receiving growing acceptance within the ranks of the much smaller National Association of Intercollegiate Athletics (NAIA). Here the number of colleges offering scholarships and coaching has increased from a mere handful in 2004 to over two dozen in 2009 – largely in part to the actions of the USATF Race Walk Committee. Regretfully, the geographic area where high school race walk programs are strong, particularly New York and Maine, does not match the NAIA's, which is based primarily in the Midwest. Therefore very few high school athletes actually continue race walking at the collegiate level.

And while the race walk event group has dealt with the narrow developmental pipeline for decades and has still had a measure of success, such as Curt Clausen's bronze medal at the 1999 World T&F championships, development activities for our country's elite and near-elite athletes has been severely curtailed by our governing body for the past decade. And as a result, the number of race walkers obtaining the Olympic 'A' standard has fallen from 7 women and 6 men in 2000 to only one male 'B' and two female 'B's in 2009. This debilitating action by the High Performance Committee of USATF has resulted in the loss of a whole generation of race walkers. This is evidenced by the age void between our current Olympians who are in their late 30's and mid 40's, and emerging seniors just out of the junior ranks. But these, too, may also be lost, if USATF doesn't act.

Therefore, there will be wide improvement in the race walk event group only when financial support, camps, centers of excellence and other opportunities for development are put in place. This plan addresses these needs.

## **RACE WALK COMMITTEE SCOPE & MISSION**

The scope of the Race Walk Committee's mission goes far beyond the development and support of elite athletes, as seen in other event groups. It must identify, recruit, and develop athletes from raw beginners and see them through to the medal podium at the international level via a managed developmental pipeline. It must also educate club, high school and college coaches in the specific techniques of the event so that a coaching base is available to support the plan's developmental efforts. It must also look to the enrollment, education and certification of race walk judges.

## **2009 SWOT ANALYSIS**

Race walking is complex event. It is both a technique event and an endurance event, and thus it takes time to develop world class competitors. In order to establish the strategic goals and activities for achieving the Race Walk Committee's mission a SWOT analysis was conducted. It represents our committee's analysis of our performance and position within USATF in regard to four broad areas: Strengths, Weaknesses, Opportunities, and Threats. The information in this analysis has been supplied to the Board of Directors of USATF.

### **1. STRENGTHS**

- a. Talented group of young men currently competing at the Junior Level establishes 4 American Junior Records in 2009.
- b. A small but strong feeder group in NAIA Race walking, albeit at distances much shorter than the Olympic distances.
- c. The leadership of the race walk committee is tied to the entire sport of track and field not just race walking.
- d. USATF and its Race Walk Committee is responsible for cradle-to-grave development of race walking in the USA.

## **2. WEAKNESSES**

- a. Severe lack of funding for development activities for race walking by USATF and the High Performance Committee.
- b. Race Walk not in NCAA competitive schedule of events. *not in HS*
- c. NCAA ruling declaring the Race Walk to be a professional "sport" distinct from track & field.
- d. Loss of a generation of race walkers resulting in a majority of national team over 35 years of age.
- e. Lack of group training opportunities.
- f. Loss of our sole elite group training center at Chula Vista.
- g. Lack of knowledgeable coaches.
- h. Shortage of Race Walk judges and officials nationwide

## **3. OPPORTUNITIES**

- a. With 9 medals in the Olympic Games Race Walking is USATF's best chance for increased medal counts for 2012 and beyond.
- b. When given proper coaching and group training opportunities quality performers competitive at the world level: (Colorado Springs - Leading up to '84 Games; La Grange leading up to '96 Games; and Chula Vista from 1997 – 2004).
- c. Potential exists for major sponsorship for Grand Prix Circuit and 50K Olympic Trials outside of current sponsors.
- d. International teams can be relatively easy to make at the current time, which can serve as incentive for new comers to the event area.
- e. Hundreds of youth clubs in our own organization that have coaches and programs where the event can be introduced, and where the right kids for the event may already exist.
- f. Fitness and health programs emphasizing activity for youth to combat disease and obesity offer way to introduce both fitness and competitive walking into schools and communities

## **4. THREATS**

- a. National Office and High Performance Committee not taking seriously and acknowledging the necessity of USATF to fund development efforts in race walking.
- b. Poor support/instruction of race walking by the USATF Coaching Education program.
- c. Ill informed coaches and administrators could continue to remove opportunities that exist for competition.

## **2010-2012 Olympiad Goals & Activities**

Based on the SWOT analysis this section identifies specific ideas, activities and goals for achieving the Race Walk Committee's mission. These "action items" are loosely grouped and then used as the basis for establishing the set of proposals and associated plans that comprise the overall plan for implementing the race walk development pipeline.

- **Support the Race Walk Grand Prix Circuit (Domestic Program):**
  - Increase sponsorship and prize money for Grand Prix events by finding a Title Sponsor for the Olympiad in conjunction with National Office. This includes the Olympic Trials events, particularly the men's 50 kilometer race walk.

- Increase sponsorship and prize money for Grand Prix events by assisting local meet directors in identifying and securing (in conjunction with National Office) local sponsors and promotional opportunities.
  - Increase Media attention.
    - With the demise of *Walk!* Magazine, find another venue for columns by Tim Seaman, Dave McGovern and others in the sports & health related media, i.e. USATF Youth Division & Youth Runner Magazine spot for coaches and athletes to submit team stories: [www.youthrunner.com](http://www.youthrunner.com).
    - Generate more (any) press releases from USATF Media office on RW championships (RW Grand Prix coordinator feeds info to national office)
  - Increase Participation by placing Grand Prix Schedule and entry information about upcoming events in magazine and other media and internet outlets.
  - Maintain current levels of subsidization of National Championships which comprise the Grand Prix to maintain the quality of the events.
- **Develop interest in and appreciation of the race walk**
- Distribute “**Spectator's Guide to Race Walk Judging**” by Ron Daniel at competitions, including USATF indoor and outdoor national championships, etc.
  - Encourage incorporation of novice walks (judged, but with no disqualifications (DQs), no ranking, no prizes) at all youth meets and at all USATF RW Grand Prix events.
  - Add exhibitions, demonstrations, mini training courses (fee paying, but very cheap) at all RW events.
  - Add short charity tie-in race with a trophy for the biggest fund raiser. All of this is great for recruiting among kids, runners and the general public. The whole event raises the profile of racewalking.
  - Have race walk competitions offered more widely at the high school level
    - With Becky Oakes – NFHSA
      - Generate short (light/humor) article for *HS Today* magazine on race walking at HS level:
        - Detail hot spots – Maine, NY, Ohio, South Texas
        - Cover HS indoor & outdoor national championship currently in place
        - Promote that racewalking is contested at collegiate level and that college scholarships are offered in the NAIA
      - Encourage NFHSA to encourage inclusion of RW judging in HS rule book.
    - Encourage HS coaches across the USA to add a 800/1600m walk to local meets
      - Have elites and past elites give short demos prior to competitions
  - Encourage the use of “Racewalk” and “Racewalking” as a one word spelling rather than “race walk”. This enhances the ability of internet search engines to identify references to the event.
    - Encourage the change at all major web race walk websites including the USATF web site, and documents, books, rules, etc.
  - Make a concerted effort to recruit individuals to be association chairs/contact points in each association and to conduct a minimum of competitions/clinics in each association appropriate for all age groups.
    - Have regional coordinators lead effort to find contact points for each association in their region.

➤ **Increase the number of qualified officials**

- Revise and keep up-to-date on line manual and materials for officiating the race walk
- Implement Collegiate (NAIA) Race Walk Festivals Development Project which includes a section on race walk officiating
- Maintain a listing within the RW pages of the USATF web site listing certified RW judges

➤ **Increase the number of knowledgeable coaches**

- Implement Collegiate (NAIA) Race Walk Festivals as a developmental activity
- Get funding for development of a race walk specific Level II coaching curriculum
- In conjunction with Youth Athletics Committee, develop a curriculum for regional clinics for coaches and athletes for all Junior Olympic Regional Meets
- Develop coaching base with the latest technical knowledge
  - Include coaches of collegiate and high school athletes at Elite and Near-elite camps
  - Have USATF include a section on race walking at National Podium Education Project clinic and encourage coaches of race walk athletes to attend such opportunities
- Bring in USATF science specialist to study top race walkers to develop a model of an elite race walker
  - 400m/800m/mile speed vs stride rate/stride length predictor of success at 20k/50k
  - Ground contact time as a predictor of success at 20k/50k
  - Biometric variables (height/weight, leg length vs. torso, etc.)
- Develop an instructional package for club, high school and collegiate coaches that:
  - Introduces the basic skills that relate to race walking
  - Provides coaches with clear and progressive instructions in teaching the event
  - Includes various media for demonstrating race walk techniques:
    - Book & DVD for Youth club & Elementary age athletes
    - (free) Short Instructional DVD and handouts to distribute to Youth clubs, HS, and collegiate programs
- Encourage the USATFCCCA to recognize the race walk as a track & field event and provide instructional opportunities to its member coaches.

➤ **Increase number of athletes in the race walk**

- Work with NAIA T&F coaches to improve the caliber of race walking in the one place where we have it at the college level. This includes training coaches, providing event specific coaches, adapting training programs to individual athletes, providing technique videos, holding walking camps, providing judges for local/conference meets, etc
- Implement Collegiate (NAIA) Race Walk Festivals as a development activity for introducing collegiate and high school age athletes to race walking through mini clinic and competitive opportunities.
- Implement a version of the Collegiate (NAIA) Race Walk Festival as a developmental activity in the northeast states where race walking is strong, but lacks the collegiate opportunities
- Implement Centers of Excellence at one or more areas in the country

- Maintain a version of Talent ID Program for identification and recruitment of highly talented athletes from other sports and track & field events
  - Channel distance runners who are not elite runners toward the race walk (Talent ID Recruitment)
  - Expose middle & long distance runners to the race walk technique (Talent ID Camp) by conducting mini camps at specific USATF championship events such as the club XC championships and various Road Running nationals.
  - Conduct Talent ID summits after NCAA and NAIA championships
  - Assign athletes to mentors and/or local Center of Excellence
- Implement Junior Olympic Regional Meet Race Walk Clinics
- Encourage through the BOD a CEO-to-CEO discussion between USATF and the NCAA regarding the status of race walking within the NCAA:
  - Prior to establishing its current position regarding the race walk, several Olympians came from NCAA Programs, i.e. Philip Dunn and Curt Clausen.
  - Get NCAA to accept race walking as a scoring event at DII or DIII Nationals.
  - Have USATF CEO negotiate with NCAA the legislative ruling which designated the race walk as a professional sport.
  - Have CEO contact IAAF about their offer to fund addition of race walking to the NCAA program.
- **Increase retention and capabilities of athletes currently in the race walk**
  - Develop role models in the race walk
    - Have Olympians attend JO, high school and collegiate meets to meet and inspire athletes participating in those events
    - Generate a list of retired elite athletes willing to mentor emerging elites
  - Implement and have USATF supply basic funding for Centers of Excellence at one or more areas in the country.
  - Access to the Olympic Training Center in Chula Vista must be re-established
  - Identify one or more national-level coaches who meet the basic requirements for the Centers of Excellence program
  - Identify race walkers with Olympic potential and have USATF/USOC provide funding for a very specific Elite Athlete Development program aimed at a small group of 3-4 male and 2-3 female race walkers.
  - Establish/Maintain a facebook page for race walking youth/junior athletes to communicate and access information on race walking. Establish link from USATF RW web pages to current web site:  
[www.facebook.com/pages/USATF-Race-Walking/50721370876](http://www.facebook.com/pages/USATF-Race-Walking/50721370876).
  - Integrate old HS RW pages ([www.hsrw.net](http://www.hsrw.net)) into USATF web site
  - Integrate old RW Ladder into USATF web site
  - Update/maintain USATF national website pages dedicated to race walking. Specifically: Update athlete biographies and performance lists; Have all Race Walking Committee meeting minutes posted. Add race results for all grand prix events.
- **Increase funding for race walk committee's development activities**
  - Contact race walk national team alumni and ask them to contribute to one of the foundations that support race walking:
    - USATF Foundation – Ask all race walkers to donate \$100 to the foundation. Money would then be available for training and travel grants on a need basis. To

date only 15 people have donated – a total of \$2,350 of which \$1,100 was from one individual.

- North American Racewalking Institute (NARI). NARI is a non-profit corporation staffed only by volunteers. All donations go directly to the development of promising youth and collegiate athletes with the goal of international and Olympic competition. The Al Heppner Memorial Fund is a special activity of NARI that honors the memory of Al Heppner by awarding a \$2,500 scholarship to a deserving collegian who meets the published requirements for consideration.
- Add a surcharge to entry fee for all USATF grand prix events - with a total of 300 entries during the course of the year at \$10 per event/race approximately \$3,000 could be raised. Note: RW committee does not control over entry fee at some events which would affect estimated amount.
- Create some products that will have universal appeal to all race walkers, such as a calendar, t-shirts, singlets, etc., and sell them to raise money for committee projects devoted to race walk development and elite athlete needs.
- High Performance Development: Write USATF Board members and have USATF Board members place pressure on USATF development efforts to increase funding to race walking. Same applies with regard to letter writing to the USOC.
- Find an actor/TV personality, similar to Stephen Colbert's promotions of speed skating through the Colbert Report to take on Race Walking as a cause.



## OVERVIEW OF PLAN

The long-term goal of the Race Walk Development Plan is to put one or more walkers on the Olympic podium in 2012. And, if not in 2012, then show significant progress towards achieving the same goal in 2016. This can be accomplished with a realistic strategy for developing a core group of potential medalists over several years. To achieve such a goal, unique solutions must be implemented and incorporated with proven, successful methodologies. Several programs are proposed that establish developmental activities to bring in and develop new athletes, train and mentor them and their coaches, and provide the high-end support of athletes in achieving Olympic A standards and becoming medal contenders.

Ongoing Race Walk Committee activities are currently handled through the Committee's operating budget of \$15,500. This nominal amount covers Committee expenses, and includes supporting the USATF Race Walk Grand Prix, travel costs of mandated IAAF area judges for competitions, and support for the collegiate national championships, and USATF Annual Meeting expenses.

The proposed developmental programs below will help overcome race walk's lack of a conventional feeder program (Race Walk's **critical zone**). Please consider the funding and implementation of the following programs as being vital to resolving this handicap.

And where does the money come from to fund these proposals?

The Race Walk Committee firmly believes the current High Performance plan of action for 2012 is flawed. It replicates the efforts of the last Olympiad when all development activity was focused almost entirely on the current 'Best Bet' events to the starvation of event areas needing true development support. USATF is not going to change the results of the strong events no matter how much money they throw at them (i.e. the sweep of the men's 400 in Beijing). Athletes in these 'Best Bet' events flow from the very wide and deep pipeline in abundant supply. Furthermore these athletes are already provided, through NCAA competitions, plenty of top level experience because of the large number of international competitors already on scholarship at its member institutions. The development pipeline is firmly in place for 'Best Bet' events.

Adequate and long term support of development efforts are justified by the results in the marathon at the 2004 Olympic Games by the Mammoth/Chula Vista training group. The results were achieved by up and coming athletes and it took more than an Olympiad to achieve the results. It was NOT the result of rewarding only the top performer – the policy the current High Performance leaderships affirms.

Race Walking can be significantly improved in a few years with modest funding (note the medals won by humble countries like Ireland, Norway, Australia and Ecuador in recent years). But this won't happen until USATF commits, from the top level down, starting with the Board of Directors, CEO, and President, to getting the most "bang for their buck" by investing in race walking. The Race Walk Committee believes it can make significant gains with as little as \$30,000 per year over the next 3 year period.

## **MANAGEMENT OF PLAN**

The Race Walk committee also believes it should have control over the prioritization of the proposed development projects. An example of this would be scheduling the junior and senior elite camps in alternate years. The national team summit would also be dropped if the more beneficial junior and senior camps occur as the summit activities could be fit into the camp and expanded.

## **PROPOSAL SUMARIES**

Together all of the following proposals define the development pipeline necessary for producing America's next Olympic medalists in the race walk.

The first three proposals provide a pipeline for bringing athletes into race walking, and to improve the ability of the coaches at all levels in this country to instruct proper race walk technique. Proposals 4 and 5 take the best athletes at the junior and senior levels and provide a long term camp suitable for testing, education, peer motivation and team building in a high level training based program.

Proposal 6 supports the work done in 4 and 5 with a biomechanics focus post race training session following a major USA national championship or trials/team selection competition.

Proposals 7 and 8 provide are the long term commitments that provide the vehicle for the group training, peer motivation and team building essential to achieving the successes obtained in the LDR world by similar groups and programs.

### **Proposal #1 – Collegiate Race Walk Festivals**

A low cost, very broad area development project that is essential to Race Walking in the United States. It will grow race walking at the collegiate level, specifically within the NAIA, where it is well accepted. This program will expand its athlete base and provide coaching education opportunities at the grassroots levels of high school and collegiate race walking. It will also address the catch-22 issue of local organizations, schools, and universities not having sufficient officials to conduct the walk. It is focused on the indoor track and field season with implementation starting in January and concluding in April.

### **Proposal #2 – Youth Athletics Regional Clinics**

Results of the race walk at the USATF National Junior Olympic Track & Field and USA Youth Outdoors National T&F Championships have shown how the decline in coaching and instruction in the discipline have affected the quantity and quality of the event at the grassroots level. Coaches simply lack the technical knowledge of how to instruct and coach the walks. These same coaches then send athletes out unprepared to compete. We wouldn't dream of doing this in the pole vault. This low cost program, a joint effort of both the Youth Athletes and Race Walk committees, provides an educational opportunity at 16 locations around the country for both athletes and coaches.

### **Proposal #3 – Talent ID Program**

This essential project provides an avenue for the recruitment and development of current and post-collegiate athletes interested in becoming race walkers. Potential athletes must meet well established quality standards in their current events to be eligible.

After achieving small successes in 2007 and 2008, including an Olympic Trials qualifier, the program went unfunded in 2009. This program is similar in construct and design to what other federations use to attract athletes into race walking.

### **Proposal #4 – Junior Elite Training Camp**

Race walking doesn't have the support pipeline for junior athletes that every other event in track and field has. Most athletes train alone without much support or interaction and this hampers development. This annual 7-10 day early season camp brings together all the top junior athletes from their scattered locals across the USA. It is focused on training and instructing athletes on how to train. Largely supported by committed individuals within the race walk community, the camp has yielded a great deal of success over the past three years with a very small investment by USATF. It deserves continued support.

### **Proposal #5– Senior Team Camp**

Since the closure of the Center of Excellence for race walking at the Olympic Training the race walk community has sought another location for a Senior Team camp. In response to this need committed members of the USA Race Walking community have done much of the ground work in preparing a facility that can house several walkers and provide a low cost, short to long term capability for the athletes to train together. This proposal would provide funding for an initial camp. The purpose of the camp would be to prepare the USATF national team for the 2010 IAAF World Race Walk Cup competition.

### **Proposal #6 – National Team Summit**

This project provides a summit opportunity for the top junior and senior athletes immediately following the National T&F Championships in Des Moines, Iowa. It would be the best way to assist not only the athletes, but the personal coaches of the athletes selected for the various international competitions and teams, as a means for developing a common dialog for the training and developmental needs of elite athletes as we look towards medal contention in 2012 and 2016.

### **Proposal #7 – Centers of Excellence**

USATF designated, regionally based programs with local support augmenting national funding that provides competent coaching for elite and sub-elite athletes in a common training group. The concept has been proven, not only by current efforts within the LDR community, but in the recent past with successful programs in Chula Vista, CA and La Grange, GA. This is a long term program and requires a multiply year commitment.

## **Proposal #8 – 2012 Diamond Program**

This a high-risk, high-cost, program totally focused on a very small, select cadre of individuals who have been deemed to have Olympic medalist potential. It requires multi-year commitment from both USATF and the athlete(s) for success to be achieved. The 2012 Diamond program would permit these few individuals the time to dedicate themselves to being full time athletes by covering Health Insurance and supporting the athletes with a housing stipend and cash awards for hitting specific standards.

# **RACE WALK DEVELOPMENT PROPOSAL #1**

## **COLLEGIATE RACE WALK FESTIVALS**

### **BACKGROUND:**

Ask coaches or administrators within the High School, NAIA or NCAA ranks why they don't have, or coach, race walkers at their schools, or include the race walk in their home meets and you'll consistently get the same three replies:

- 1) I/We don't know how to coach the event.
- 2) I/We don't have anyone qualified to officiate the competitions.
- 3) I/We have no one interested in race walking.

Additionally, commencing with the 2009 indoor track & field season, several changes have been made to the qualifying procedures for the National Association of Intercollegiate Athletics (NAIA). These changes are incorporated into the coaches' manual which governs conduct of its Post Season and National Championships Competitions. Two of these changes could adversely affect the very narrow development pipeline for race walking in the USA. These changes require:

- 1) Collegiate athletes to qualify for the NAIA Nationals in race walk competitions conducted solely on the track. In the past athletes could qualify in USATF race walk competitions held on the road.
- 2) The competitions must be judged by a minimum of three (3) USATF certified Judges for ratification of any qualifying marks. Previously only one certified judge was required. Other 'judges' were required to only be slightly knowledgeable of the event,

Obviously these requirements raise several concerns. Where will local colleges find the new race walk officials? Most college meets, particularly due to the geographical dispersion of the NAIA member schools, are located in sections of the country where race walking is not historically popular. Thus there are few, if any, USATF certified Race Walk officials.

This proposal provides a solution to all of these dilemmas. This program forms a partnership with the host colleges in improving the caliber of race walking in the USA. Objectives will be met by providing event specific instruction in coaching the race walk, adapting training programs to individual athletes, providing educational materials, performing technique analysis, and making new race walk judges available for local/conference meets, etc.

And the Collegiate Race Walk Festivals directly benefit USATF member athlete race walkers. It will provide high school and post collegiate athletes with another dozen competitions on a calendar that is all too often devoid of competitive opportunities for qualifying for USATF and High School national championship competitions. It will also add association level officials to the USATF officiating ranks.

## **WHAT ARE RACE WALK FESTIVALS**

A series of race walk "festivals" in the format outlined in this proposal will increase the breadth and depth of race walking at the collegiate level, primarily within the NAIA. The proposal provides the opportunity to improve the coaching skills of local coaches and to improve the technique of the athletes prior to the national championships. It also provides a vehicle for mentoring and training local and university T&F officials in how to judge the race walk for any home or conference championship.

This plan also creates a model for introducing race walking to the NCAA and its member institutions.

Under the direction of the Men's and Women's Development Chairs:

- 1) A series of 6 to 8 Regional Race Walk Festivals would be scheduled for December thru February at various colleges and universities where the Race Walk is currently supported. Each Festival would be held within a distinct conference within the NAIA or geographical section of the USA. The host schools would provide a facility for an indoor race walk competition and two classrooms for the conduction of clinics. Each classroom would need to be equipped for video/DVD presentation.

The host school must also designate at least three individuals who will become USATF race walk judges through attendance at the clinic. Neighboring colleges and universities will also be invited to send adults over the age of 18 to attend and become USATF officials.

The host school would also provide a starter for the two competitive events as well as a timing crew for the races.

Additional staff would include one or two camera operators to film the races providing sequences suitable for evaluating and analysis of athlete technique and legality.

The local USATF association Officials Certification Chair will also be invited to attend and assist with the certification of the new USATF officials.

- 2) A team of three individuals would conduct the festival activities in concert with the hosting institution. To be a member of the team all three must be current USATF certified race walk judges. One must be a master level official trained and equipped to conduct a seminar for training local track & field officials in judging the race walks. And one must be an expert coach in race walking, trained and equipped to conduct a seminar for coaches and athletes in teaching the event.
- 3) The Festival would kick off with a 1-mile race. It would be an open race where all local race walkers, regardless of ability or experience, would be invited to participate. These can be collegiate, HS, open, or masters men and women. An entry fee could be charged to help defray the cost of the clinic(s). Festival attendance could also be promoted through the use of a T-shirt, etc.
- 4) During the 1-mile race the individuals recruited by local schools to become race walk judges would "shadow" judge with the current USATF race walk judges. This would provide them with the opportunity to observe how a certified race walk judge officiates.
- 5) A clinic for the candidate USATF race walk judges would then follow. Video tape from the race, along with currently available teaching tools, would be used by the current USATF officials to instruct the candidates. An open session using the current USATF Open Book test(s) to become a USATF official would follow. Those passing the tests would not only be entry level USATF race walk judges but also certified to officiate in other T&F event capacities.

- 6) Concurrently with the judging seminar, the second classroom would be used to provide a mini-camp opportunity for local high school and collegiate athletes and their coaches. The clinician would review race walk technique and help the local collegiate athletes refine their technique and become better walkers. Video from the 1-mile race would be used to assist in the analysis and correction of technique and in the teaching of technique correction. Materials on USATF competitive and educational opportunities in race walking would be provided to athletes and coaches.
- 7) The Race Walk Festival would conclude with a race the following day. This race would be contested at the NAIA's 3,000m indoor distance so that collegiate athletes could qualify for the NAIA Indoor nationals. This race would provide the new judges a chance to officiate under the mentoring eyes of the current USATF judges. The race could also be part of a regularly scheduled T&F competition.
- 8) A post race judges' review would conclude the festival. The new race walk officials would receive a yellow judging paddle in recognition of their attendance and completion of the course. Completed tests, fees, identification pictures, etc. are turned in to the local Officials' Committee Certification chair.
- 9) The names of the new officials would be added to a USATF maintained data base accessible on-line via the USATF race walk web site. This service could provide a ready access for finding not only race walk officials to work an event but an official for any T&F event/meet.
- 10) Tracking the success of the program. The following statistics would be used to track the following the effectiveness of the program.
  - a. Number participants attending the festivals
  - b. Number of race walkers participating at NAIA indoor and outdoor national championships (should increase over 2009)
  - c. Number of participants at the festivals who achieve USATF, NAIA or HS national qualifying times
  - d. Number of disqualifications of race walkers competing at national meets (should decrease relative to 2009)
  - e. Quality of race walking competitors (most sixth-place times at national championships should improve relative to 2009)
  - f. Number of additional new USATF officials and RW Judges resulting from the Festival training

## **FUNDING REQUEST SUMMARY**

Given the nature of this plan, funding is primarily required for travel and lodging of one, or more, teams of USA's best race walk clinicians to attend the scheduled festivals. Equipment outlays are educational materials for the coaches in the way of DVD's, books, video tapes and handout materials for instructing the judging and coaching mini-clinics. Rule books and judging paddles will be made available for purchase at cost.

- Per Year: (6 Festivals – goal of 1 per weekend during indoor season of January & February) - \$9,600
- Travel of 3 clinicians/officials – Estimated airfare @ \$300 per clinician per event (\$5,400)
  - Lodging - \$200 per event (\$1,200)
  - Equipment /Supplies - \$500 per event (\$3000)

## **RACE WALK DEVELOPMENT PROPOSAL #2**

### **YOUTH RACE WALK REGIONAL TRAINING CLINICS**

#### **BACKGROUND:**

USA Track and Field has a powerful international presence, but a few glaring gaps exist in its generally world-class program. Race walking is one of the largest such gaps. The United States has not earned an Olympic race walking medal since 1972 (Larry Young) or a medal in any world championship competition since 1999 (Curt Clausen).

The pipeline for the development of race walkers in this country is broken. And the reason it is broken can be directly traced to the NCAA. This organization considers race walking to be a professional sport outside of track & field. It prohibits its member institutions from including race walkers on its T&F teams. Without the urgency to develop walkers for the collegiate market, the development pipeline at the high school level isn't driven in a fashion similar to the every other event in track and field. So while every other event in T&F will have tens of thousands in its development pipeline, race walking has two to three hundred.

Therefore it is totally up to USATF to support the development pipeline for race walking in the United States. Because USATF can little affect the culture against race walking at the collegiate level it must change the sub culture of race walking starting with the Youth and Junior athletes.

USATF already achieves this in part by providing competitive opportunities for race walking in its Junior Olympic program, and at the junior and senior level through its National Championships and the Race Walk Grand Prix Circuit. However, we, USATF, have failed miserably at producing individuals capable of coaching the walk. USATF's coaching education program is controlled by coaches camped in the traditions of the NCAA. Like minded individuals are all too often assigned as instructors to the schools. Therefore USATF's Level 1 Coaching schools barely mention race walking, and all too often find it convenient to skip it in its entirety. No Level II or III school focused on race walking has ever been offered.

Race walk results at all levels show this minimal promotion of or instruction in the discipline. Especially at the Youth level. Seldom in the last decade has the U.S. even had an entrant, let alone a competitive one, at either the IAAF World Youth or Junior Championships. Evidence exists at the domestic level too. On the first day of the 2009 Junior Olympic championships in Greensboro, N.C., 107 walkers competed in the bantam, midget, and youth divisions; 26 of them were disqualified. Many more had one or two calls for disqualification.

Coaches simply lack the technical knowledge in how to instruct and coach the walk. These same coaches then send the athletes out there unprepared to compete. We wouldn't dream of doing this in the pole vault.

USATF can create a positive subculture for current and prospective youth race walkers. Therefore this proposal is targeted toward providing at the grass roots level an opportunity for age groups athletes and coaches to learn about how to race walk and more importantly, how to coach the race walk. Regional Race Walk Clinics held in conjunction with the USATF Regional Junior Olympic Championships is the initial two year activity proposed in this document.



## **REGIONAL RACE WALK CLINIC IMPLEMENTATION PLAN**

USATF, via funding and enacting this proposal, can strengthen race walking in the USA by (1) promoting the event as an exciting though demanding discipline with promising national and international opportunities; (2) making high-quality training materials available to member clubs; (3) conducting regional race walking clinics across the country; and (4) providing additional support for coaches in member clubs who are attempting to develop race walkers. The four sub task necessary to achieve this goals are:

### **1. Announce Program by Promoting Race Walking with Promising Opportunities**

Race walking is hard to learn, especially if you don't have a race walking coach. But for those willing to train seriously in the discipline, significant rewards wait at all levels. This program would use *Fast Forward*, USATF's quarterly magazine as well as periodic monthly electronic newsletters to introduce and promote the Regional Race Walk Clinic opportunities prior to the camps.

- The *Fast Forward* articles in the first and second quarter issues would be used to inform and create an excitement about race walking amongst the youth members of USATF. It would encourage young track and field athletes who have never placed in the national championships in their typical events to try the race walk because so few youths attempt it. It would also point out that:
  - In most USATF associations, every youth race walker who completes the required distance in proper form advances to the regional Junior Olympics.
  - Youths who would be only middle-of-the-pack distance runners can aim for regional or even national Junior Olympic medals on one season of race walk training.
  - Teenage race walkers can aim for High School National Championships in the event in addition to the USATF youth programs. For older teenagers the USATF Junior National Outdoor T&F Championships offers the door to a variety of international competition opportunities. Even scholarships to NAIA track and field programs are available. Already prepared documentation highlights these additional opportunities.
- The monthly electronic newsletter covering U.S. race walking would be produced with up to date info on current events and results. This would be initially be sent to all current Youth athletes and their coaches inviting them to respond to a contact person if they wish to be placed on the newsletter distribution list to get further updates.
- USATF's Talent ID web site for Race Walking would be upgraded to provide a reference site for the contacts information for all of the regional camps. Additional reference materials for athletes would be posted there. A link to and from the Youth Athletics pages to this site would be generated.
- Update the Facebook web site for USATF race walking to provide information to USA Youth race walkers and to encourage communication among them. Include links to USATF web pages for race walking, race walk grand prix circuit and Talent ID program.

- Generate article for the **USATF Youth Runner & National High School Federation** Magazines promoting Regional Race Walk Clinic Program for athletes and coaches and the opportunities race walking provides athletes

## **2. Advance Dissemination of High-Quality Training Materials**

The great majority of USATF clubs have no race walking coach. The discipline is barely covered at USATF Level 1 coaching schools. Except in Maine and New York, high school coaches are no help either. Plus NCAA coaches, outside of an enlightened dozen or so, are generally clueless on the subject.

Therefore, when an athlete expresses an interest in attempting this event, his club, high school and college has no one equipped to teach him. Almost all “How-To” coaching books that may be on a college, high school or track club coach’s book shelf don’t even mention the walk as a T&F event. But if he/she is lucky there may be a race walking official in the local association willing to provide initial instruction. But undoubtedly most prospective race walkers never get started due to lack of available coaching and materials on how to coach the walk.

Race walking is hard to do well, but not hard to do legally.

The advance dissemination of inexpensive, yet high quality training materials will build interest in the regional camps. This step allows USATF establish leadership and make available basic coaching materials to its member clubs. These materials would allow any competent youth track and field coach the ability to learn and then teach in a very short time beginning race walking. Basic subject matter would include the definition of race walking, basic technique, simple drills, and items for coaches to watch for.

As part of an initiative to upgrade youth race walking, USATF would generate a mailing to all member clubs. The mailing to all USATF clubs would include items such as the following:

- A cover letter announcing USATF’s commitment to upgrading the quality of its race walking program and describing the contents of the package.
- A sheet identifying the date, time and location of the regional race walking clinics
- The quick primer produced by the North American Racewalking Institute (NARI) titled “Quick Guide to Race Walking”. The primer covers legal and illegal race walking (with illustrative photos). It also provides various drills to teach essential race walking skills and that provides suggestions to coaches on how to watch, evaluate, and improve the technique of their walkers, especially beginning walkers. NARI is willing to partner with USATF in providing this material.
- Additional handouts covering the status of race walking as an internationally respected discipline included in the Olympics and seriously contested on five continents. Sample handouts include:
  - Get into Race Walking – Future Olympians Wanted
  - Core Strengthening Drills

- I Have Received a Caution or a Red Card from the Judge, Why?
  - Race Walk Educational Handout from the IAAF's: KIDS' ATHLETICS BOOK
  - A Letter To High School Walkers About Race Walking In College
  - Race Walk Opportunities in the USA
- Descriptions of additional resources available for those who are interested, including any cost to obtain them. These resources include:
    - Books
    - CDs or DVDs
  - Handout description of links to USATF on-line resources associated with the Regional Race Walk Clinics, Talent ID Program, USA Race Walk Grand Prix Circuit, etc.

As an optional item, it may be beneficial to include several biographical pages featuring top U.S. male and female walkers and how each of them has attained and benefited from success in this discipline.

The primary goal of this communication to all youth clubs is to enable them to feel confident that they could train a beginning walker adequately, thus removing their hesitancy to offer instruction in this discipline.

With quick approval of this proposal these materials could be put into the hands of the club coaches attending the USATF Junior Olympic Cross Country Nationals in Reno, Nevada in December.

### **3. Regional Race Walking Clinics**

As young athletes and their clubs become more involved in race walking, they should become more interested in doing it well. Beginning walkers who cover 1500 meters in 11 minutes will scratch their heads in amazement upon discovering that others are doing it in seven or eight minutes. Coaches may feel the need for additional guidance and support so that they do not lead their first race walking pupils astray.

Demand for youth race walking clinics may grow somewhat as a result of this youth initiative, but it will still likely remain modest. To aggregate and efficiently serve this level of need, training clinics should be scheduled at locations when many clubs come together. The obvious candidates are the 16 USATF Regional Junior Olympic meets (counting the Junior Olympic host association as Region 16) during 2010.

Following are additional factors affecting the determination of how best to carry out these clinics:

- Support from regional coordinators is essential to promote the clinics and to provide a suitable time and location so that the clinics will be convenient for race walking families.
- It is preferable to hold clinics before the race walk races take place, rather than afterwards to avoid the "Why didn't you tell us this before my child was disqualified" reaction. Clinics before the races will have to adhere to very high standards of impartiality toward the athletes; in particular, no one who is officiating / judging the race walk at the regional championship should teach the clinic if it occurs before the races.

- Due to time limitations at regional Junior Olympic meets, the length of each clinic should probably be no more than 75 to 90 minutes.
- Distribution of one or more good books on race walking to clinic participants could provide both good follow-up information and an additional incentive for attendance.
- The curriculum must begin at a basic level, as some athletes may have received very little reliable instruction, but should also offer some benefit to more experienced walkers so that they are motivated to attend.
- In accordance with these guidelines, this proposal envisions the appointment of a National Coordinator for the Regional Race Walk Clinics. This organizer who will work with each Youth Athletics Committee Regional Coordinators to arrange a clinic at each regional Junior Olympics track & field meet site. Essential components of each clinic include:
  - *Curriculum.* The standard curriculum will include (a) an introduction to race walking and its prominence as an internationally competed discipline; (b) a demonstration how to walk legally using both live action and video take examples, if possible; (c) aspects of technique that enable athletes to walk both legally and fast; (d) drills and training activities to develop good, legal technique; (e) questions and answers; (f) brief individual inspection of each walker's technique. The specific curriculum will be provided by the expert coaches of race walking that exist within the race walk community. Guidance will be asked from the USATF Coaching Education Committee.
  - *Instructors.* An instructor will be selected for each clinic. In some cases, the regional coordinator may be able to recommend a suitable instructor. If not, the national coordinator for the regional clinic may be able to identify a race walking judge, coach, or an experienced race walker to lead the clinic. In a few cases it may be necessary to send an experienced walking coach into the region to serve as instructor. Each instructor will review the curriculum materials in advance with the curriculum developer (normally in a brief conversation) to cover issues of presentation style, pacing, and depth.
  - *Scheduling.* The clinic should be held before the race walks if possible. Ideally, it should conclude 90 minutes to two hours prior to the first Race Walk competition on the track, so that it is convenient for athletes, parents, and coaches to attend, but without forcing any athletes to rush their race preparation and check-in. For example, if a region schedules its first race walk for 11:00 a.m., the clinic could begin at 8:00 a.m.
  - *Location.* The clinic could take place on the track, on a flat paved surface (e.g., a roped-off area of a parking lot), or indoors. Conducting the clinic indoors ensures that it can take place on schedule even if inclement weather is present.
- There will be no charge to attend. A book/CD/DVD on race walking will be given to each participating athlete or coach. Those attending will be encouraged to join the race walking electronic monthly newsletter distribution list.
- Many race walk coaches have made effective use of video as a coaching tool. Therefore video review is an important part of this youth development initiative. Walkers and their coaches will

be provided a hand out on how to do video analysis and a list of experts who can provide professional and authoritative review.

- Regional Clinic Instructor will be responsible for providing a list of participants (coaches and athletes) including names, email address, phone numbers and club affiliation to the national coordinator of the regional clinics.

#### **4. Follow-On Support for Coaches Developing Race Walkers**

Even if the preceding components of this proposal are successful in promoting race walking, recruiting race walkers, getting them started and offering them a solid introductory clinic, there will be times when a young athlete and his coach will need assist beyond what is available in books, handouts, how-to videos and DVD's. It becomes very beneficial to offer some form of consulting assistance to the beginning walkers and their local coaches.

Recognizing that not every athlete/club has local access to the nations top coaches provide a handout describing how to do video reviews and a list of nationally respected coaches who serve as a panel to review videos, critique technique and provide training advice will be generated and provided to clinic participants, parents and coaches. These individuals designated as experts in coaching will have the ability to identify strengths and weaknesses and can recommend exercises to correct technique flaws, as well as suggesting to local coaches what to watch for during workouts.

The invitation to request a video review should include suggested qualifying times so that experts' review time is well used (e.g., midgets should already be walking 1500 meters in 10 minutes or faster). To further encourage serious commitment, those requesting video review should be asked to pay a small fee (perhaps \$10 or \$20) for this service

### **IMPLEMENTATION REQUIREMENTS**

#### **Personnel**

While the National Program coordinator should receive some financial remuneration for the effort and time required to make this program a success this project is dependant on volunteer support. USATF headquarters staff will be needed to provide clerical and web maintenance support.

The USATF Race Walking Committee will oversee this undertaking and will select and/or advise the program coordinator in the selection of staff.

- One National Program coordinator/clinic organizer
  - Work with other experts on the development of materials and curriculum for the clinics as outlined in this proposal
  - Serve as communications manager and coordinate with National Youth Committee, Race Walk Committee, Regional Meet Directors and Regional Clinic Instructors in scheduling the clinics, arranging for regional instructors, and ensuring materials are ordered and delivered to instructors.
  - Establish panel for video review.
  - The national coordinator of the clinics will take the input received from the Regional Clinic Instructors. The data will be places in a data base so that further information,

particularly on opportunities to race walk outside of the Junior Olympic program, i.e. local race walk club events, USATF junior camps and competitions, and the USA Race Walk Grand Prix schedule can be provided to the athletes, coaches and clubs.

- The information can also be used to track the following statistics to determine the effectiveness of the program.
  - Number of race walkers participating at regional and national championships (should increase over 2009 but numbers are usually less when nationals are on the west coast)
  - Number of clinics successfully held counting the Pacific Association, host of the nationals in 2010 as Region 16
  - Number of athletes and coaches attending clinics
  - Number of disqualifications of race walkers at regional and national meets (should decrease relative to 2009)
  - Quality of race walking competitors (most eighth-place times at national Junior Olympics should improve relative to 2009)
- Up to 16 regional clinic instructors
- One or more experts to conduct video reviews
- One web site manager to update and maintain information – USATF Staff
- Clerical staff to prepare the introductory mailing to USATF member clubs – USATF staff

## **FUNDING REQUEST SUMMARY**

This plan will be highly individualized and the scope dependant on the funding provided. Part 1 of this proposal (ongoing communications and web site management) should be continued permanently, and video review availability could be continued if there is sufficient interest, but USATF regions and associations should become equipped to repeat or expand race walking clinics with relatively minimal support. But until this gets sustainable a National Director for the program will be needed to manage and coordinate the activities

<b>National Regional Clinic Program Director</b>	<b>\$1,500</b>
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**Materials & Postage for Advance Dissemination of High-Quality Training Materials\*:**

Production of materials for youth clubs (USATF in house printing)	\$1,000
Mailing supplies and postage	<u>\$2,000</u>

**Regional Race Walking Clinics**

Travel and lodging for instructors**	\$2,000
Production of materials for clinics (USATF in house printing)	\$1,000
Books to distribute	<u>\$3,200</u>

<b>Total</b>	<b>\$10,700</b>
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\* This includes stuffing packets with donated coaching materials from clinic partner, the North American Racewalk Institute.

\*\* It is assumed that most clinic instructors would be attending their regional Junior Olympics anyhow and will not need reimbursement for travel and lodging, but that an experienced

instructor will be sent to several regions that prove unable to locate an acceptable instructor within their own ranks.

### **Implementation Time Line for Project Tasks**

December 2009:

- Circulate proposal for review by Race Walking Committee members and other USATF leadership; solicit input and expressions of interest from race walking clinicians and producers of training materials
- seek favorable recommendation from USATF Youth Committee leadership and appropriate staff
- Gain official approval of proposal; present plan to regional coordinators at USATF annual meeting; recruit administrative staff

January 2010: Upgrade web site (to be maintained thereafter on ongoing basis); establish Facebook page; initiate electronic newsletter; work with regional coordinators to identify clinic dates, times, and instructor candidates; prepare materials for mailing to youth clubs

February - March 2010: Distribute program announcement to youth clubs; select curriculum developer; as regions identify their Junior Olympics sites, begin working with regional coordinators to determine clinic locations

April 2010: Video review availability begins; books selected and ordered for distribution at regional clinics; curriculum completed and duplicated

May 2010: Clinic instructors selected; curriculum distributed to instructors; curriculum reviewed with each instructor by phone

June-July 2010: Conduct clinics; receive and review evaluations from those who attend; make contact with and seek additional feedback from race walkers and their families at USATF National Junior Olympics meet in Sacramento.

August 2010: USATF and Race Walking Committee assess program effectiveness and begin planning follow-up actions

# **RACE WALK DEVELOPMENT PROPOSAL #3**

## **TALENT ID PROGRAM**

### **BACKGROUND:**

USA Race Walking needs medal-hungry, talented, young athletes. As the driving force for the developmental pipeline in race walking USATF must take raw talent, shape it with an aggressive technique immersion and elite mentoring program and produce Olympic podium capable athletes. The ideal candidate is a middle distance runner, age 16 to 26, with the physiology, athletic ability, motivation and self-confidence to achieve success at the national and international levels. The goal is to develop athletes to meet the USATF National qualifying standards within one year and the Olympic Games 'A' standard within three years. Over the duration of the plan, the emphasis will shift to training, monitoring and supporting the progress of the athletes in achieving the Olympic 'A' standards in the Men's and Women's 20 km and Men's 50 km Race Walk.

The Talent ID Program has four parts, or phases. These are Talent Recruitment, Technique Immersion, Ongoing Mentoring and Sustainment.

### **TALENT ID PROGRAM**

#### **TALENT RECRUITMENT PROJECT**

The need exists to advertise get out the word about race walking, its competitive opportunities and to provide a vehicle for the recruitment of athletes from outside of the immediate race walk community. The goal is to single out those individuals who have the best natural talents for race walking and wish to accomplish their "Olympic Dream" as Race Walkers.

The target audience is those elite and near elite athletes who are just a step too slow to make the international level at the 1500m and 5000m runs. The Talent ID program provides these athletes with the opportunity to step up to medal potential in the race walk instead of attempting the same feat in the already crowded marathon field.

Criteria, based on current LDR AADP tables, will be used to establish acceptance standards into the program.

**ACTIVITIES:** There are three activities associated with the Talent Recruitment Project:

1) **Demonstrative Events:** Many competitive events provide an ideal opportunity for putting on a 'mini clinic' on race walking with the sole purpose of simple introducing the event. These activities include (a) having a clinic with guest speakers from the walking world including noted walk coaches and athletes, and (b) staging an actual event (not necessarily at the competition site) that is more a developmental race, complete with hands-on coaching throughout.

2) **Passive Booth:** Alone or in conjunction with a demonstrative event staff a booth at the competition venues. It also involves dissemination of information via the internet and communication media (email, etc.). What has provided the most success to date is a booth staffed by an individual knowledgeable of the race walk, technique, and opportunities. The individual must also be personable



and have an 'eye' for assessment of those who have honest potential. He/she must be able to provide brief race walk demonstrations.

A table (a minimum of six feet in length) should be obtained locally from the host organization. The presentation materials and monitor should be easily boxed for transportation. Appropriate materials, most of which are currently available or modifiable for this purpose, are:

- Free-standing placards with photos of current stars and elite athletes, large enough, and in multiple colors, geared towards attracting individuals to the display table.
- Portable TV/monitor for display of videos and/or DVDs showing race walkers in motion, illustrating basic technique, and explaining briefly the rules and impact of judging.
- Talent Identification applications.
- Handouts, such as:
  - "How to Race Walk" brochure – focused on helping runners to convert to Race Walking
  - The Race Walk Grand Prix Circuit & schedule
  - Sponsor Materials, if any, such as Walk! Magazine
  - "The Talent ID Program" brochure - This will briefly describe the program, and its goals, the standards for entry into the program, camp information, and contact points.
  - List of coaches willing to work with the athletes.
  - Other promotional materials (tattoos/logo stickers)

In all cases the material presented must be attractive, attention grabbing and relevant to race walking and USATF.

Target opportunities for recruiting candidates are:

- USATF Indoor and Outdoor T&F Championships
- USATF cross country nationals (both club championships and world team trials)
- USATF M&W marathon championships
- NCAA T&F Nationals (DI, DII, and DIII) Indoor and Outdoor
- NCAA Cross Country Nationals (DI, DII, and DIII)
- NAIA T&F Nationals (Indoor and Outdoor)
- NAIA Cross Country Nationals
- NIN and NSIC Meets
- USATF Junior Olympic Championships
- All American Cross Country Meets
- USATF Junior Nationals (when conducted separately from the Open Meet)
- USATF Annual Meeting

- Annual Coaches Meetings at the HS, Collegiate, and USATF levels (good exposure for coaches)

3) On-Line Presence: Maintain and update the current USATF web site pages dedicated to the Talent ID Program. Encourage other race walk and running sites to add the Talent ID logo as a direct link ad to the Talent ID program pages. This includes the main page of the USATF web site and period mass email newsletters to the LDR and Track & Field communities.

## **TALENT ID PROGRAM TECHNIQUE IMMERSION PROJECT**

The goal of the Technique Immersion project is to elevate the walking skills and techniques of the young men and women accepted into the Talent ID Program. These individuals have had their applications reviewed by the men's and women's development chairs within race walking. And after approval by the chair of the committee have been deemed to have the natural talent and skills to by its completion they have sufficient mastery and confidence in their technique that they can pursue individual, or small group training, under the guidance of a local mentor or coach.

The Technique Immersion camps will coincide with either the junior amp or the senior camp and take advantage of the same facilities and instructors to hold down costs.

Athletes would be responsible for transportation to and from the camps. While at the camps lodging, food, and materials will be provided in accordance with this plan. Any additional requirements for participation by the individual, such as physicals, will be the responsibility of the athlete.

The camp's curriculum shall be heavily focused on the technical aspects of race walking, and applying those mechanics. This will require a track, or other facility suitable for extensive technique work. Classroom sessions will provide the background necessary for initial training for the walk. Recording and playback equipment must be available for analysis and evaluation of race walk technique and skills.

Topics and activities to be included are:

- Bio-Mechanics of Race walking
- Flexibility & Mobility Drills For Race Walking
- Benefits of Weight Training
- Physiology and Training Systems (Periodization)
- Sports Psychology
- Training, Nutrition, & Injury Prevention
- HR Monitor and Blood Lactate Analysis
- Video & Bio-Mechanical Analysis
- Review of USATF and Talent ID Program Opportunities for Race Walkers

The initial evaluation of the individual's ability to race walk will be to successfully complete a judged one mile or 5 kilometer race walk competition/time trial on the final day of the camp. Success is

defined to be in this instance to be not getting disqualified (DQed) with a performance percent of 70 based on current (2006) WAVA age-graded tables.

Additional parameters for evaluation will be the results of Lactate Threshold (if available) and Bio-Mechanical analysis. All of these will be consideration for entry into the mentoring program.

**Period of Project:** This project should commence in 2010 and be repeated through 2012. It would involve one camp per year, tied to either the Junior or Senior team camps which are projected to be held in alternating years.

## **TALENT ID PROGRAM ONGOING MENTORING PROJECT**

The goal of the Ongoing Mentoring Project is attainment of the USA Olympic Trials qualifying standard for the 20k or 50k race walk and competing in the Olympic Trials.

The men's and women's Development Chairs for the Race Walk Committee shall evaluate the results obtained via the Talent ID Immersion Camp and assign those deemed to have the skills and attitude necessary to be successful at the national and international levels a long term mentor. These athletes will become the Talent ID Mentoring Project participants. Ideally these athletes will also be assigned to one of race walking's Centers of Excellence.

Mentors may be either coaches or elite athletes. Geographical proximity as well as coaching ability will be determination factors in assignment of the mentor.

Using the training programs currently available on DVD for race walkers, technical knowledge as well as coaching experience the mentor will tailor training programs to fit the mentored athletes. The training programs will be monitored by the appropriate men's or women's race walk development chair.

The mentor-athlete team will have several intermediate goals, including the USA 5K nationals, the USA Indoor Nationals, and the PanAm Cup/World Cup Trials competitions in preparation for the National Championships and/or Olympic Trials at either the 20k (men and women) or 50k (men only) distances.

**Incentive Plan** – A financial reward for qualifying for and participating in the USATF outdoor Nationals in the 20k Race Walk will be made available to the participants. If/when the athlete achieves this goal the athlete shall receive a stipend of \$500. The mentor will receive a stipend of \$250.

**Period of Project:** This project should commence in 2010 and be repeated through 2012. The mentoring program is anticipated to span a period of 9 to 12 months per athlete.

Progress of the athlete mentor team will be monitored by the Race Walk Development Chairs for Men and Women.

## **TALENT ID PROGRAM SUSTAINMENT PROJECT**

After participating in their first USA national 20k or 50k championship the athlete and mentor shall transition from the mentoring project to the containment project. The mentor may continue on in a coaching role during this period. The athlete will be invited to all national team camps. The athlete would also be evaluated at this time for inclusion in the Diamond Program.

**Incentive Plan** – A financial reward for qualifying achieving the following marks (single payout per year):

- Olympic Trials “A” standard at 20k - \$300
- Olympic or World Champs “B” Standard at 20k or 50k - \$1000
- Olympic or World Champs “A” Standard at 20k or 50k - \$3000

**Period of Project:** This project should commence in 2011 and be repeated in 2012. Program would end and be evaluated for its intended purpose following the 2012 Olympic Games.

## **FUNDING REQUEST SUMMARY**

Year one - \$4,000. The four phase nature of the projects within this proposal make it necessary to break out the funding request by phase and for some phases, by the athletes in that phase. This will provide a proper approximation of the costs associating with funding the plan over the Olympiad.

### **Phase 1 – Talent Identification Project (2010, 2011, 2012):**

Costs should be steady for each year. Expenditures for recruitment are mostly dependant on the opportunities to have speakers and booths at various competitive opportunities.

- \$1,200.00 – Reimbursement for expenses for Travel and lodging.
- \$800 – materials and supplies for the booth.

### **Phase 2 – Technique Immersion Project (2010, 2011, 2012):**

Maximum of \$2,000 per year. Costs are dependant on the number of athletes accepted into the program that year. Costs are whatever added expenses are required to include the athlete in the annual junior or senior team camp (as appropriate). This includes reimbursing the athlete for lodging and meals during the duration of the camp. Two per room accommodations should be targeted whenever possible.

- \$2,000 - Estimated 4 athletes per year at \$500 per athlete for a 7 day camp

### **Phase 3 – Ongoing Mentoring Project (2011, 2012):**

Costs are dependant on the number of athletes who have graduated from Technique Immersion Project

- \$3,000 - Estimated 4 athletes per year at \$750 per athlete/mentor team

### **Phase 4 – Sustainment Project (2011, 2012):**

Costs are dependant on the number of athletes in the program that year that show progression by meeting the established goals. Financial commitment will vary but could reach \$12,000 per year.

# **RACE WALK DEVELOPMENT PROPOSAL #4**

## **JUNIOR ELITE TRAINING CAMP**

### **BACKGROUND:**

This project provides initial, age-appropriate and high-level instruction to elevate the walking skills and techniques of the young men and women accepted into the camp in accordance with defined criteria. The intent of the camp is to replace to some degree the training and team atmosphere typically available in a high school or collegiate program. This is necessary because most race walkers train alone. The camp also has two more specific goals:

- To provide campers the experience of training at a high level.
- To provide campers with confidence in their technique and the ability to pursue individual or small group training under the guidance of a local mentor or coach.

## **JUNIOR ELITE TRAINING CAMP**

The Junior Elite Training Camp is a 7-10 day long camp readily accessible to athletes from around the country and near a center of walking excellence so that mentors/coaches are easily accessible. Camp instructors will be selected from the current pool of qualified race walk coaches by the Men's and Women's Race Walk Development Chairs. The National Race Walk committee chair shall approve these selections.

Athletes will be selected for the camp by the coaching staff based upon potential future success in race walking at the international level. Junior athletes may be recruited from the top six at the USATF Junior National Championships as well as the USATF Junior Olympic Championships. Additional athletes may be recruited from the collegiate programs and emerging elite ranks if they are under 25 years of age.

Athletes will be responsible for their own transportation to and from the camp. While at the camp, lodging, food, and materials will be provided in accordance with this plan. Any additional requirements for participation by the individual, such as physicals, will be the responsibility of the athlete. All participants must be eligible to represent the USA in international competition and be members of USA track & Field.

The camp will be limited to at most 20 athletes – up to ten males and ten females - and three staff members, at least one of whom will be female. Personal coaches of athletes invited to attend the camp may also attend, however they will be housed separately from the athletes.

The camp's curriculum will be heavily focused on daily training, the technical aspects of race walking and applying those techniques. This will require a track, walking paths or other facilities suitable for extensive training, technique work and testing, and competition. Classroom sessions will provide the background necessary for initial training for the race walk. Topics and activities to be included are:

- Bio-Mechanics of Race Walking
- Flexibility & Mobility Drills For Race Walking

- Benefits of Weight Training
- Physiology and Training Systems (Periodization)
- Sports Psychology
- Training, Nutrition, and Injury Prevention
- HR Monitor Usage and Blood Lactate Analysis
- Video and Bio-Mechanical Analysis
- Review of USATF competition and Race Walk specific development opportunities

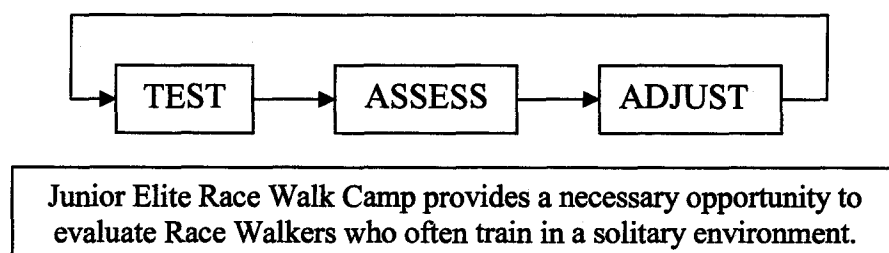
Planned activities shall for various opportunities for video taping and subsequent analysis via Dartfish, or other methodologies. Post-race technique evaluations based of the film taken of the camp's participants will be provided on an individual basis for participating athletes. Specific activities of the camp should include:

- 1-mile race
- 5,000m or Olympic Development Project race of appropriate distance for junior and senior athletes
- Treadmill use
- 1-hour race

The elite component of the camp will delve into the more complex issues of competing at the national and world class levels. Aspects of the following bullets will be covered as appropriate. Thus the focus of the sports science portion of this program includes biomechanical analyses, physiological testing and psychological support. The factors to be looked at include:

- **Biomechanical analysis**
- **Physiological testing**
- **Psychological support**

The training component of the camp will handled by the camp's Head Coach. The coach will establish the daily workouts. Athletes will be provided the daily schedule prior to arrival at the camp.



## **FUNDING REQUEST SUMMARY**

This camp is low cost. Athletes pay their own way to the camp along with a minimal camp fee. USATF funding covers the costs for the camps instructors, facility rentals, transportation during the camp, and materials. Total requested to subsidize the camp is \$2,500. Estimated breakout of expenses is below:

- \$1,000.00 – Reimbursement for expenses for Camp Instructors.
- \$500 – vehicle rental
- \$500 – Facility rental
- \$500 – Materials, insurance, etc.

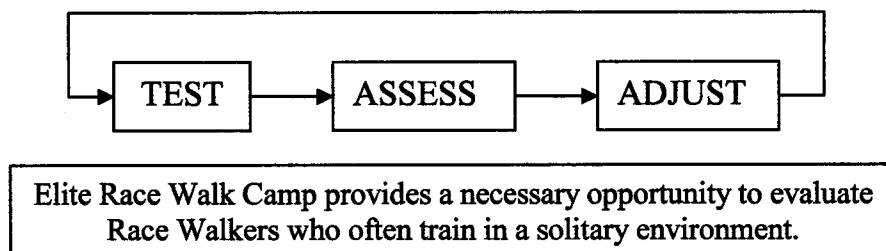
# **RACE WALK DEVELOPMENT PROPOSAL # 5**

## **SENIOR NATIONAL RACE WALK TEAM CAMP PROJECT**

The elite race walk camp project is based upon the model camps held in Chicago, Illinois, in 2008, in Pharr, Texas, in 2006, and in Bar Harbor, Maine, in 2005 for the junior program. The intent of this project is provide continuity for the athletes coming out of the Junior Program to the senior level and serve as a Technique Immersion camp for the athlete identified through the Talent Identification program. The camp will provide an ongoing yearly vehicle for:

- 1) Transfer of knowledge from the coaches of Olympic athletes and experts in the event area to the athletes who have demonstrated success at the senior level as well as those who have successfully progressed from the Talent Identification and junior ranks to near elite status. Classroom sessions will provide the background necessary for technique advancement and training success in the race walk event area. Applicable topics include:

- ☐ Bio-Mechanics of Race Walking
- ☐ Flexibility & Mobility Drills For Race Walking
- ☐ Benefits of Weight Training
- ☐ Physiology and Training Systems (Periodization)
- ☐ Sports Psychology
- ☐ Training, Nutrition, and Injury Prevention
- ☐ HR Monitoring Usage
- ☐ Measurement of Turnover rate and ways of improving it
- ☐ Video and Bio Mechanical Analysis
- ☐ Review of USATF Program Opportunities for Race Walkers and Goal Setting



- 2) Annual venue for the evaluation, testing, and technique adjustments of near elite race walk athletes. Activities will provide opportunities for video taping and subsequent analysis via Dartfish, or other methodologies. Post-race technique evaluations based of the film taken of the camp's participants will be provided on an individual basis for participating athletes.

- ☐ HR Monitor Usage and Blood Lactate Analysis
- ☐ Video and Bio-Mechanical Analysis
  - 1 Mile Race
  - 5,000m or Olympic Development Project Race



- Treadmill

- 3) Annual review of Race Walkers and the progress the walkers in the program have made since the last camp.

## **FUNDING REQUEST SUMMARY**

**Period of Project:** This program will commence in 2010 and be repeated into the 2012 season.

**Costs ( per year):**

\$5,000.00 - Elite Race Walk Camp: This amount would cover per diem, lodging and travel for 2-3 camp staff instructors; lodging and per diem for senior team members at the camp, along with insurance and facility rental)

# **RACE WALK DEVELOPMENT PROPOSAL # 6**

## **NATIONAL TEAM SUMMIT**

### **BACKGROUND:**

This project provides a summit opportunity for the top junior and senior athletes immediately following a major USATF National Championships (such as in Des Moines, Iowa) or USA team selection / trials competition (such as the IAAF World Cup Team trials). It would be the best way to assist not only the athletes, but the personal coaches of the athletes selected for the various international competitions and teams, as a means for developing a common dialog for the training and developmental needs of elite athletes as we look towards medal contention in 2012.

## **NATIONAL TEAM SUMMIT**

The intent of the program is to take full advantage of the video taping of the National Championship 10k and 20k races and provide both group and individual instruction in:

- Proper Bio Mechanics of Race Walking (both ideal, and individual, using actual footage from the 10k and 20k competitions)
- Flexibility & Mobility Drills / Injury Prevention
- Physiology & Training Systems
- Sports Psychology
- Training Nutrition, and Injury Prevention
- Review of USATF Program Opportunities

The summit would be cost effective because the camp would be announced and publicized ahead of time. It would be made available to all senior athletes (male & female) and their coaches who qualify for the competition as well as the 10k juniors and their coaches. Since all the athletes would have already traveled to competition, the only costs would be reimbursement for lodging for the top 6 in each race for one night and associated per diem (maximum of 24 athletes – The top six junior and senior finishers per event.)

The other major cost would be travel and lodging for the camp's staff - a strong team of sports science professionals. These individuals would be nationally recognized experts in areas related to endurance events and race walking technique.

The intent would be to work closely with hosting organization, such as Drake University in the case of the 2009 National Championships, or a local NAIA college in obtaining facility access for class room and video equipment needs.

The program would start on the evening following the conclusion of the championship competition and conclude the next day about noon so that the athletes could travel home.

## **FUNDING REQUEST SUMMARY**

Funding for approximately 30 individuals for 1 night (Sunday plus per diem) as follows:

30 attendees - 1 night @ \$75 per night double occupancy = \$1,125

30 attendees - 2 days per Diem @ \$15 = \$900

Staff travel - 3 people @ \$400 = \$1,200

Other: facility, equipment rental (tv/dvd, etc.) = \$400

Total proposal bid - \$3,625

# **RACE WALK DEVELOPMENT PROPOSAL #7**

## **CENTERS OF EXCELLENCE SUPPORT PROGRAM**

### **BACKGROUND:**

One of the main reasons for the rapid decline in athletes obtaining the Olympic “A” and “B” standards in race walking has been the lack of funding for developing current athletes in the pipeline. This proposal reestablishes a support program for elite and emerging elite athletes

### **CENTERS OF EXCELLENCE**

Centers of Excellence in race walking can be established wherever there is a strong commitment to race walking by a reputable coach in an environment suitable for training by elite and near elite athletes. It is best suited for athletes who are not just “full time training” but have other obligations that organize their lives, these includes full, or part-time jobs, family commitments, and/or educational commitments.

Tentative areas where centers of excellence could be established are: Chula Vista/San Diego, CA; Kenosha, WI; Philadelphia, PA, Greenville, SC, Central Ohio and Long Island, NY. Others may be identified as needed.

Each Center of Excellence could handle from 5 to 8 elite and near elite athletes. These would provide a home base for training and support of the athletes. The coach will manage the training programs for the athletes in the Center of Excellence. Athlete support staff in the areas of massage/trainer and sports psychologist will be identified in setting up the center of excellence.

The standards for acceptance in a Center of Excellence program will be established by the Men’s and Women’s Development Chairs within the Race Walk Committee. They would be based upon the current LDR AADP tables.

The coaches will receive a stipend of between \$2000 and \$5,000 per year based upon the number of athletes based in the Center of Excellence. The breakout will be: \$2000 for 1-2 athletes, \$3,000 for 3-4 athletes, \$4000 for 5-6 athletes and \$5,000 for 7 or more athletes

Travel funding for inclusion in USOC Olympic Training Center testing and facility usage, as well as for travel to USA Grand Prix events and to international IAAF Area and European competitions will be based upon meeting established standards. The chairs will also establish the standards for reception of re-imburement for travel IAAF Area and European competitions. Athletes must also be available for training camp sessions and biennial testing.

Athletes in the Center of Excellence program shall have access to comprehensive sports medical treatment.

## **FUNDING REQUEST SUMMARY**

Given the nature of this plan and its implementation, funding is primarily required for travel, and coaching stipend. A total of \$30,000 is requested based upon the establishment of three initial Centers of Excellence, with an average of four athletes per center. Athletes must meet stringent requirements for international travel reimbursement.

Costs per center – \$10,000 per Center of Excellence, broken down as follows:

- IAAF Area/Challenge or European travel/lodging – \$4,000
- Travel to USOC OTC for annual testing/training - \$2,500
- Coach's stipend (with 3-4 athletes each) - \$3,000.
- Miscellaneous expenses - \$500

# **RACE WALK DEVELOPMENT PROPOSAL #8**

## **DIAMOND PROGRAM**

### **BACKGROUND:**

Diamonds are not easy to find, they don't look like much before they are cut, and sometimes the cutting process produces flaws. But the well-cut diamond is a precious gem. Such might be the process of attaining a race walk medalist. This project would be high-risk, but with a high reward. Make no mistake, the task is difficult. But it is not impossible, and if it did produce a medal or even brought someone into the top five, it might have a "Roger Bannister" effect and open some floodgates paving the way for future medalists

### **2012 DIAMOND PROGRAM**

Success in race walking requires a unique combination of endurance and technique. Developing those attributes requires long-term, multi-year goals and dedication to their attainment. The objective of the 2012 DIAMOND PROGRAM is to identify athletes with the talent required, and to retain these individuals as they progress towards the established goals while refining and building their skills. The program will assist athletes in their attempt to achieve the Olympic "A" standard and become serious medal contenders.

This would be a highly tailored program. It would be totally focused on a few select individuals who have been deemed to have medal potential. The maximum number of athletes for the program would be two to three men and one or two women. Each athlete's individual situation would be reviewed with regard to dedication and commitment to the program for the time period required. Inclusion in the program would require a multi-year commitment on the part of the athlete(s) and USATF.

- 1) Identification of the selected athletes from a candidate pool would be accomplished by a board composed of the Men's and Women's Development Chairs within the Race Walk Committee, two retired Olympic-caliber athletes named by the Chair and the Committee's Chair or designee.
- 2) Once athletes are identified, individual plans will be developed to create optimal environments for medal achievement. This may include obtaining space at an Olympic Training Center (OTC) or assignment to a regional Center of Excellence. It also includes creating the best team around the athlete to provide effective coaching, training partners, trainer/massage therapy and sports psychology. The plan will also include scheduling of:
  - Biennial testing at the OTC
  - Altitude and heat-acclimation training camps
  - National and international competitions
  - Out of training/recovery season
- 3) Athlete(s) would be carefully monitored, and if not progressing according to schedule would be pulled off the project. A Talent ID athlete just starting to race walk could only enter the project after progressing to a certain threshold. The coach selected for the athlete(s) will provide written training programs and collect appropriate training data. Quarterly progress reports will be required.

## **FUNDING REQUEST SUMMARY**

This plan will be highly individualized and the scope dependant on the funding provided. So in this aspect it is truly dependant on USATF's commitment to achieving its goal of 30 medals in 2012. It is assumed that the athlete(s) are based at an OTC facility or another inexpensive environment where food and lodging are otherwise covered. Year one funding request is the proposed support per athlete. While total program cost would be \$155,000 for five athletes per year, significant saving would be achieved through sharing of resources, particularly in the cost of coaching. Provision of USOC health insurance would represent another cost-saving measure.

### **Year #1 (2010) - \$31,000 per athlete**

- Travel/lodging/etc.
  - to an IAAF area championship or IAAF Challenge Race - \$2,000
  - Internal/USA competitions – estimated 6 trips @ \$600 per trip - \$3,600
  - Altitude camp (4 calendar weeks) - \$2,500
- Coaching Stipend - \$10,000
- Financing/subsidy for non-work time and equipment needs (shoes, insurance, etc) - \$12,000
- Miscellaneous - \$ 900

### **Year #2 (2011) - \$31,000 per athlete**

- Travel/lodging/etc.
  - to an IAAF area championship or IAAF Challenge Race - \$2,000
  - Internal/USA competitions – estimated 6 trips @ \$600 per trip - \$3,600
  - Altitude camp (4 calendar weeks) - \$2,500
- Coaching Stipend - \$10,000
- Financing/subsidy for non-work time and equipment needs (shoes, insurance, etc) - \$12,000
- Miscellaneous - \$ 900

### **Year #3 (2012) - \$31,000 per athlete**

- Travel/lodging/etc.
  - to an IAAF area championship or IAAF Challenge Race - \$2,000
  - Internal/USA competitions – estimated 6 trips @ \$600 per trip - \$3,600
  - High Altitude camp (4 calendar weeks) - \$2,500
- Coaching Stipend - \$10,000
- Financing/subsidy for non-work time and equipment needs (shoes, insurance, etc) - \$12,000
- Miscellaneous - \$ 900

I want to thank all of the individuals who have contributed to the effort, not only Maryanne Daniel and Dave McGovern my very able men and women development chairs, but everyone else in the race walking community who have contributed ideas and the constructive criticism that has produced this product.

Vince Peters

USATF RW Chair