

# 2014 USA Track & Field Annual Meeting Convention Report Anaheim, California

## ***ATTENTION:***

After the closing of the convention, The Board of Directors met immediately afterwards and voted 11-1 which overturned the votes of its delegates and placed Stephanie Hightower to stand as a candidate for IAAF Council instead of Bob Hersh.

## **2014 USATF Annual Meeting App was available for download for the first time for:**

1. Annual Meeting Schedule
2. Hotel & travel Information (parking & directions)
3. Hotel Floor plans for meetings
4. List of events
5. Social Media Engagement
6. Sponsor information
7. Resources for Meeting
8. FAQ's

## **Association Resource Room:**

The Association Resource Room was located in the Mezzanine 7 on the 3<sup>rd</sup> floor. Some of the features that were provided for the Association leadership:

1. Meet the USATF National Office Staff.
2. Learn more about the staff's position.
3. Resources available.
4. Get the latest new programs and procedures.
5. Meaningful learning opportunities.
6. Available to answers your needs.

In the **Association Room Meeting of Membership, Clubs and Sanctions Assistance** speakers were very helpful and informative. Also how to set-up the **Legacy e-mail** with the help of the **Legacy Assistance** was show on the large screen. Also it was explained where the Membership Funds was directive to. **Our Membership Directly Funds:**

1. Youth Programs
2. Research
3. Education
4. Team USA Support

5. Community Outreach Programs
6. Association Clubs and Sanctions

## **USATF 2014 Records**

1. Men and Women Track and Field was approved.
2. Youth Athletics was approved.
3. Youth Indoor Championship approved
4. Outdoor National approved.

## **USA Track & Field Background Screening Numbers**

- A. Operating Year November 1, 2014 – October 31, 2014 total for **Associations - 7,939.**
- B. **Ohio Association - 112**

## **The RunJumpThrow (RJT)**

USA Track & Field and Hershey partnership have created a free, hands-on learning program. This program introduces kids to track and field and teaches them basic skills of running, jumping and throwing. Also provides opportunities for USATF Association and Youth Clubs to gain **members** and **free equipment**.

**RunJumpThrow** meets the 2014 National Curriculum Standards for grade levels K-12 Physical Education outcome that is both fun and functional.

### **RunJumpThrow Offers:**

1. Learning Stations Events
2. Warm-up
3. Running Forms
4. Jumping Activities
5. Throwing Technique
6. **RunJumpThrow** Information [www.usatf.org/runjumpthrow](http://www.usatf.org/runjumpthrow)

## **Drug and Health Issues for Athletes - (Youth Meeting)**

By Alma Jan Price, Smithburg, MD

1. Diet Drinks with **aspartame** has been reported to the FDA to cause heart problems, headaches, depression, anxiety and decreased vision.

2. The constant intake of diet drinks to the heart problems has been **confirmed** by Science at the University of Miami Med School.
3. Soft drinks acts as a diuretic causes frequent urination and lose of electrolytes. U of Adelaide scientists found this.
4. Runner's World says hydration becomes more important when outside temperatures rises.
5. Drink water and low-calorie non-carbonated fluids in small amounts throughout the day. 16 oz. of water or sports drink an hour or two before you run.
6. If your urine is clear you are **hydrated**.

**Submitted by: *Brenda Y. Martin 12/20/14***