

OHIO ASSOCIATION

2017 USATF Annual Meeting Report

Columbus, Ohio

High Performance Programs

USATF Chief of Sports Performance Duffy Mahoney introduces Robert Chapman Associate Director of Sports Science and Medicine to introduce the 2018 USATF High Performance Plan. Robert speaks to group and Congradulates the 2017 World Championships Coaching Staff, was the most successful team in USATF history because of the Tier program. Robert speaks about the High Performance Plan's newly USOC funded Sports Science Interventions-Distance: a key performance enhancing response to altitude training is the increase in hemoglobin in the blood. Measuring the total amount of hemoglobin in the body requires a special blood test and equipment, and USATF has set up blood testing stations to determine total body hemoglobin in Flagstaff, Park City, and Colorado Springs.

In 2018, USATF backed research will try to determine if specific interventions can help increase the amount of hemoglobin an athlete makes at altitude, thereby enhancing performance even more.

Sports Science Interventions-Throws: The pilot programs initiated in 2017, targeting development in the hammer throw and talent identification and talent transfer in the javelin, will continue in 2017 because of the successful 2013-2016 squad.

Sport Science Interventions-Sprints/Hurdles: In 2018, specific programs are included in the High Performance Plan in an effort to help sprint and hurdle sprint/hurdle athletes improve rate of force development at ground contact. A special mini-camp will be offered in March 2018, focusing on the sprint start. These new interventions are being coordinated by a team of sports scientists, led by Dr. Ralph Mann,

Dr. Ken Clark, and Dr. Robert Chapman.

The European training base was a pilot program in 2017, the USATF training base in Leuven, Belgium will continue from the USOC grant.

Qualified athletes (Tier, TPP, CVOTC residents) will have access to indoor and outdoor track and field facilities, strength training facilities, and a USATF/USOC staff athletic room. Qualified athletes can also receive access to low cost dormitory and apartment facilities.

The Diamond League/NACAC/Domestic Meet Medical Support:
Through the support of our medical partner, St. Vincent Sports Performance in Indianapolis, and USOC, USATF will have medical staff coverage at all 2018 Diamond League meets and select meets in Europe, Asia, and North America. Tier athletes will be prioritized for services, with other US athletes seen on a space available basis.

The High Performance Staff: Will provide a routine blood screening for health and wellness is available on a quarterly basis for all Tier, TPP, and CVOTC resident athletes at no cost. Athletes who opt-in will receive a blood test order via email, with a link to schedule an appointment for the blood draw at a local laboratory. USATF/USOC physicians and nutrition staff will counsel athletes on the results.