



# One Step Ahead

News and Notes

[www.long-island.usatf.org](http://www.long-island.usatf.org)

June 2010

## TRACK & FIELD EVENTS

## MIDDLE SCHOOL OUTREACH PROGRAM

Spring Track & Field Season will end with the USATF-LI Association Championships scheduled as follows:

### Youth Championship and JO Qualifier

June 19, 2010 – Sachem East High School

Rain date – June 20, 2010 – Pre-registration Required

For information contact Sheryl Hall at [shall@hallenconstruction.com](mailto:shall@hallenconstruction.com)

### Open/Masters Championship

June 25, 2010 – St. Anthony's High School

Registration – 6:00 pm – Start 6:30 pm

For information contact Rich Degnan at [mbundr8029@aol.com](mailto:mbundr8029@aol.com)

## USATF-LI SUMMER TWILIGHT SERIES

There are some changes in the USATF-LI Summer Series. Due to the condition of the Mitchel Field Facility, we will be holding our Summer Series meets at the great venues of our Long Island High Schools.

### Youth Meets

Thursday, July 1 - Mepham HS - Bellmore

Thursday, July 8 - Walt Whitman HS – So. Huntington

Thursday, July 15 – Hauppauge HS – Hauppauge

Thursday, July 22 – MacArthur HS – Levittown

### High School/Open/Masters Meets

Wednesday, June 30 – Mepham HS- Bellmore

Wednesday, July 7 – Walt Whitman HS – So. Huntington

Wednesday, July 14 – Hauppauge HS – Hauppauge

Wednesday, July 21 – MacArthur HS – Levittown

We are also looking forward to our Association's first **Beach Pole Vault Meet** which will be held during the first week in July at the Malibu Beach Club in Long Beach. For information on any of these events, contact the USATF-LI Office at (516) 349-9157.

## CROSS COUNTRY SEASON WILL BE HERE BEFORE YOU KNOW IT

As we begin to enjoy the first glorious days of summer, we are preparing for another exciting Cross Country Season. Some new events have been added to the schedule. Watch for a detailed brochure in the near future.

August 22	Dirty Sock 10K Run
September 11	Brickstone Invitational
September 25	Nassau Officials X-C 5K Invitational
October 31	USATF-LI 8K Association Championship
November 6	Northport Veterans Day 4K
November 28	Rob's Run 5K

We hope to see you on the trails.

### USATF-LI NEEDS YOUR HELP

If you have some spare time and some experience in Grant Writing, USATF-LI could really use your help. We also need the assistance of people who have some experience in Public Relations. Remember this is YOUR association and YOU can make it the best in the country.

The Elementary/Middle School Outreach Program was designed to promote a healthy, active life style for the youth of Nassau and Suffolk Counties. It gives the students a chance to participate in several track & field events and to learn that our sport is one which they can continue to enjoy throughout their lives.

This spring, USATF-LI was invited to present this program at three schools in the Bellmore School District – the Dinkelmeyer, Park Road and Gunther Schools. Our clinicians worked with the physical education teachers in these buildings and conducted the clinic during the students' gym periods. Many thanks to **Jill Skelly** for setting up the program and to our fabulous clinicians, **Fred Benlein, Sheryl Hall, John Martin and Harry Penny**. The clinicians have as much fun as the students.

If you are interested in learning more about the Middle School Outreach Program or to schedule a visit to your district's school, please contact the USATF-LI Office at 516-349-9157 or email [trackjunkie@optonline.net](mailto:trackjunkie@optonline.net). Scenes are from the Gunther School.



Coach Sheryl Hall gives some shot Put tips



Coach Harry Penny teaches turbo javelin

Coach John Martin teaches long jump technique



Conditioning techniques are explained by Coach Fred Benlein