



## **Moving Forward!!!!**

By Don Harris

Moving forward was the theme for the past outdoor and summer track seasons. I'm not sure about you but, personally, the seasons were a blur. I hope everyone enjoyed both seasons either as an athlete, coach, official, spectator or fan.

Although USATF activity on the track was relatively low in Kentucky during the spring, there were numerous meets at the elementary, middle and high school levels. Many collegiate competitions and NCAA championships were contested during spring 2021. This summer, the U.S. Olympic Trials moved forward, and the Tokyo Olympics took place. Additionally, it was wonderful that athletes were able to compete in the 2021 USATF Masters Outdoor Championship meet this year.

This issue features an interview with a past Olympian, a current USATF official receiving a Hall of Fame nomination, Olympians with Kentucky affiliations, training opportunities, information on applications for 2022 championship meets, USATF Track Clubs at the Junior Olympics, and training opportunities.

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## **Congratulations**



Huge congratulations to Kenny Morton, who is a nominee for the National Officials Hall of Fame. Nominees will be voted on in August by the NOC and current members of the Officials Hall of Fame.

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# Introduction

Allow me to introduce . . .

Becky Holliday Ward

Becky Holliday Ward is a former gymnast who took up pole vaulting at age 16. Becky was born in Sacramento, CA, attended the University of Oregon and earned a degree in Psychology. In 2003, Becky set a collegiate record with a clearance of 4.47m/14-8 in the NCAA West Regional at Stanford. She also won the NCAA Outdoor Championship in her birthplace, Sacramento, then competed for Team USA at the World Championships. Becky was a 2012 Olympian, two-time U.S. Outdoor Championship silver medalist and three-time bronze medalist, a two-time silver medalist and one-time bronze medalist at the U.S. Indoor Championships, an NCAA champion for Oregon, and a Pan Am Games bronze medalist. Here are some questions that Becky answered:

**Question:** How long have you been involved in track and field as an athlete and as a coach?

**Becky Holliday:** I have been involved as an athlete for 21 years. I have been coaching for 5 years now.

**Question:** When did you decide that track and field was your sport of choice?

**BH:** I started pole-vaulting when I retired from gymnastics which is very common for lady vaulters.

**Question:** What would you consider as your top accomplishment in track and field?

**BH:** My top accomplishment would be making the 2012 Olympic team.

**Question:** How long have you been a USATF Masters Athlete?

**BH:** I have only been a masters athlete for a year. I took a step away from pole vaulting to have two kids.

**Question:** What brings you the most gratification as a coach?

**BH:** I get the most gratification from watching my athletes become better people. This sport can shape people's character that they can take into life's challenges.

**Question:** What do you like to do when you are not coaching or training as a USATF Masters athlete?

**BH:** When I'm not coaching or vaulting. I am a mom taking care of my 1- and 3-year-old which takes up most of my time.

**Question:** What are some challenges you face in balancing being a wife and mom?

**BH:** Working out helps me balance being a mom and a wife. Life can be stressful, I take the time to work out, which helps me have the energy to tackle most challenges that being a mom and wife can bring.

**Question:** If you could have lunch with anyone, who would that be?

**BH:** If I could have lunch with anyone it would be Amelia Earhart.

**Question:** What is something that you try to live your life by?

**BH:** I try to live my life with the golden rule. Treat others as you would like to be treated. I know it's a little cliché and simple but it really is true.

**Question:** What is a recent book, movie or podcast that you have enjoyed recently?

**BH:** My days are pretty full. I don't have much time to read or listen to many podcasts. I watch a lot of Thomas the Train or Sesame Street which I don't think is very interesting to most.

**Question:** What would you like your legacy to be?

**BH:** That's a very hard question to answer. What would I like my legacy to be? Maybe as someone who never gave up. I made my only Olympic team at 32 after missing two times 2004 and 2008. It took me 12 years. I never gave up, I knew what I was capable of; it wasn't the easiest route but I wouldn't give up any of the journey.

I appreciated Becky's willingness to respond to these questions and the time she set aside to contribute to this article.

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## Olympic Trials



Like many of you, I was captivated by the Olympic Trials for track and field. For 10 days I was glued to the TV set. The victories, defeats, setbacks, injuries and bans all created some interesting narratives. There were a number of surprises and very inspiring athletes. We all have our own memories, but, I was so inspired to see two mothers both fight to make the Olympic team in the 400 meters, namely Allyson Felix and Quanera Hayes. Likewise, I'm sure you have a favorite memory or moment that inspired you or that maybe caused you to reflect on life and even challenge the things in life that you deem as important.

As mentioned in the previous newsletter, the Kentucky Association had several officials selected to work the Trials. Also, athlete-wise there were 12 with an affiliation to Kentucky who were participants in the Trials and Tokyo-bound. The affiliations included athletes that were born and raised in Kentucky or attend(ed) one of the state universities. Just in track and field, I counted 12 athletes who are Olympians: Yared Nuguse (1500 meters), Ronnie Baker (100 meters), Keni Harrison (100-meter hurdles), Javianne Oliver (100 meters), Daniel Roberts (110-meter hurdles), Sydney McLaughlin (400-meter hurdles), Jessica Ramsey (Shot Put). Additional athletes with an affiliation to Kentucky who ran for their home country include Leah Nugent (400-meter hurdles-Jamaica), Jasmine Camacho Quinn (100-meter hurdles-Puerto Rico), Matt Hughes (3000-meter steeplechase - Canada), Dwight St. Hillaire (400 meters and 4x400-meter relay - Trinidad and Tobago), Megan Moss (4x400-meter relay - Bahamas), Ben Williams (Triple Jump – Great Britain) and Devyne Charlton, a volunteer assistant track coach at the University of Kentucky (100-meter hurdles – Bahamas).

A number of the athletes advanced on to the semifinals and finals, and several were on the medal stand. Unfortunantely, Yared Nuguse, who was set to make his Olympic debut in Section 3 of 3 in the men's 1500 prelims, scratched due to a quad strain.

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## Study Time

2021  
**USATF**  
COMPETITION  
RULES



Whether you are a new or veteran official, we all need to stay up to date on the rules. The USATF rule book that we have purchased and carry around needs to be opened, reviewed and studied. The certification process and receiving a USATF ID doesn't mean the rule book goes away till next season. Quite the contrary, we should be refreshing up on not just the events that we officiate, but become familiar with other events. We have an obligation to the association that we represent and to the athletes that we officiate to know the rules. Also, as a reminder, occasionally after the rule books are published, there are revisions or updates that take place throughout the year. The Officials newsletter and the NOC Dashboard is a great resource to keep up with rule changes.

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## Training



Throughout the country, officials training is happening. Several presentations are available on the NOC website. During this current break from action on the track, there is no time better than the present to brush up or even better to learn about another event or discipline that you are less familiar with. For example, Doug Allen developed a presentation on Executing a Successful Hammer Event. Doug taught this as part of the Oregon Association training series that was conducted earlier this year. I will endeavor to get the presentation posted to the Kentucky Association website.

I would like to challenge you to commit to learning a new event or discipline, study the applicable rules and reach out to some of the Masters level officials within the association if there is an event that you would like to officiate or be mentored in.

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## Applications



The NCAA applications for the 2022 Championship meets are available from Aug. 2 – Sept. 30 at the following link:

<https://ncaatrackandfield.arbitersports.com/front/107533/Site/Default/Welcome-to-the-Starting-Line> . Selections will be announced mid to late December. If you have any questions, contact, Milan Donley, who is the NCAA National Assignor for Track and Field at 785-331-9911 or [mdonley@ku.edu](mailto:mdonley@ku.edu).

In September, be on the lookout for applications for the major USATF Championship meets for 2022. The applications will be available on the NOC Dashboard: <http://noc.mach2k.net>

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## USATF Summer Track Clubs



Even though the USATF Association and Region meets were optional and not a prerequisite for youth to compete in the 2021 Junior Olympic Games, that didn't diminish the enthusiasm and participation by youth in summer track clubs. Several Kentucky clubs experienced record numbers in terms of participation. Kentucky Association track clubs traveling to the 2021 Junior Olympics at Jacksonville, FL, were Awesome Athletics, BCK Thoroughbreds, Body Rock Health and Fitness, Built 4 This, Eastern Kentucky Striders, Hero Sprint Club, Kaizen Pole Vault and the Louisville Track Club.

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## **Norton Sports Health Athletics & Learning Complex Outdoor Track**

The outdoor track facility at the Norton Sports Health Athletics & Learning Complex in west Louisville, located at 30<sup>th</sup> Street at West Muhammed Ali Boulevard, is now open. Like the indoor facility, the track is impressive. Several meets have been conducted at the new outdoor track. The outdoor facility is deemed a community track and is open for running and walking. If you are in the area, it certainly is worth checking out the facility.

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## **Officials Certification/Recertification/New Officials**

If you are interested in becoming an official, recertifying, or know of someone that would like to become a certified official, contact Patricia Rouse, Kentucky Association Certification Chair at [coachpattyrouse@gmail.com](mailto:coachpattyrouse@gmail.com) or 270-872-8257.

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## **Kentucky Association Website**

As a reminder, the Kentucky Association has a website. There are useful links to the National USATF Website. Take some time to visit the USATF Kentucky Association website: <https://kentucky.usatf.org>. Even though there is an endeavor to update content on the USATF Kentucky page, the site is still functional. Your patience is requested. In the meantime, here are a few things you should check out:

Events calendar: <https://legacy.usatf.org/calendars/index.asp>

Resources: <https://kentucky.usatf.org/about>

Directory: <https://kentucky.usatf.org/about/directory>

Coaching Education: <https://www.usatf.org/programs/coaches/coaching-education>

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## **Upcoming Meets**

12/11/2021 – 2021 USATF National Junior Olympics Cross Country Championships at Paris, KY.

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Well, this concludes the third issue and I hope you have found this information helpful. If you have any suggestions, comments, would like to submit an article, or if you want to unsubscribe, email me at: [harrisdon3807@gmail.com](mailto:harrisdon3807@gmail.com)