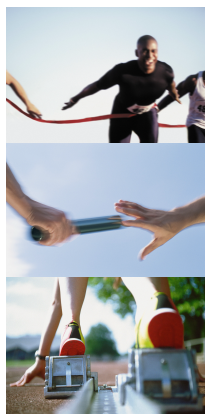


FAST TRACK OF ILLINOIS

July 2008
Volume 1



USATF ILLINOIS NEWSLETTER

Welcome to "Fast Track of Illinois." This newsletter will be posted on our website at

www.usatfillinois.org every quarter beginning July 1, 2008. Please feel free to send in any information you would like to share with us. Please send your information to darlenesimmons54@sbcglobal.net In order to ensure your information is posted for the next quarter, please send the

material to us two weeks before the end of the quarter.

UPCOMING EVENTS

Please remember the semi-annual Association meeting in October 26, 2008. **All youth club coaches must attend.** The meeting will take place at Proviso East High School, Maywood, IL at 1:00 P.M. in the social room. Please be on time.



ILLINOIS ATHLETES – 2007 TOP PERFORMANCES

2007 USATF JUNIOR OLYMPICS-MT.SAC

Bantam

Joseph Toyé-UCTC-5th-LJ

Midget

Alexis Farley-Uni-Uni-5th-LJ

Mathew Harris-Zephyrs-5th-80H

Brooke Wolfe-UNA-4th-3000

Emilio Mancha-Elgin Sharks-4th-1500 RW

Youth

Barry Kimbrough-NSB-7th-Discus

Amani Salinas-Elgin Sharks-4th-3000RW

Lenny Salinas-Elgin Sharks-4th-3000RW

Ayanna Scott, Spfd Striders, 8th-200 & 1st-200H

Intermediate

Daniel Bock-UNA-1st-SP & 1st-Discus

Regina George-Zephyrs-2nd-800 & 6th-400

William Lindsay-Stealth Bombers-4th-110H & 6th-400H

Elizabeth Meier-UNA-3rd-2000SteepleChase

Ashley Webb-Marion Swamp Fox-7th Discus

Stealth Bombers-8th-4x400

Young

Troy Doris-SWCheetahs-1st-TJ & 8th-LJ

Vernon George-NSB-1st-LJ

Melissa Gergel-LV Cheetahs-1st-PV

ILLINOIS ATHLETES-2007 TOP PERFORMANCES (cont.)

Young

Joshua Gist-Angelic
Flyers-3rd-110H

Earnest Green-Chgo
Striders-5th LJ

Monika Jakutyte-Aurora
Flyers-4th-HJ

Darryl Jenkins-OFF-1st-
200 & 7th-100

Ty Kirk-UNA-7th-TJ

Joe Noonan-UNA-6th-PV

Mercedes Mancha-Elgin
Sharks-3rd – 3000RW

Leah Orley-Marion
SwampFox-7th HJ & 8th
400H

Breanna Sanner-
LVcheetahs-2nd-TJ & 6th-
LJ

Jenny Savickas-Let It Fly-
6th-HJ

Rashad Smith-Zephyrs-
2nd-110H

Michelle Teague-Zephyrs-
5th-2000 SteepleChase

Mick Vikens-UNA-3rd-PV

Chicago Striders-8th-
4x800

Flight TC-6th-4x100 & 7th-
4x400

OFF-7th – 4x100

Zephyrs – 6th – 4x800



2007 USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Bantam

Alondra Hinojosa-Elgin
Sharks – 7th

Elgin Sharks (Team) – 1st

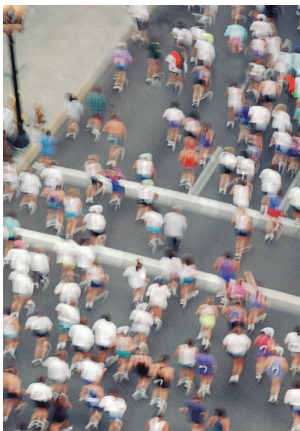
Midget

Elgin Sharks (Team) – 3rd

Youth

Elgin Sharks(Team)-6th

Lukas Verzbicas-Un



ALUMNI SPOTLIGHT NEWS – JOSHUA GIST

Josh, a 2007 graduate of Thornwood High School, and a former member of the Angelic Flyers Track Club, is presently attending the University of Illinois-Champaign on a track scholarship. Josh has always been an

outstanding young man both on the track and off. In his first season at college, he finished in first place in the 60m hurdles at the Illinois Carle Invitational and obtained a personal best record of 8.09. He went on to

achieve goals he had set for himself, and finished the indoor season 5th in the Big Ten. This placement doesn't take into account the NCAA Championships which he did not participate in.

ALUMNI SPOTLIGHT NEWS – DESEREA BROWN

Deserea (Desi) is a 2006 graduate of Homewood Flossmoor High School and is currently a Junior at Southern Illinois University at Edwardsville on a full track scholarship. She is also a former member of the Angelic Flyers. Desi has always been a very competitive athlete and a goal setter. She earned Freshman of the Year Indoor and Outdoor 2006 status, as well as Athlete of the Year for the 2008 Indoor and Outdoor season for the GLVC Conference. Desi was a 12 time All American at the Division II level, and finished 4th place in the 400H at USATF Junior Nationals in 2006 – earning her All American status.

In addition, she has attained All American status in the 400H, 400M Hept. 60H, 4x100 and 4x400. She was also on the winning indoor 4x400 team in 2008-National Champions. She currently holds 13 school records, and has the number 1 time in the nation in the women's 400H.



MARCHAN ADKINS

**Marchan Adkins -
Illinois Wesleyan
University**



At the recent NCAA Division III banquet, **Marchan Adkins** received the USTFCCA men's National Assistant Coach Of the year honors and was voted the Midwest Regional Men's Assistant Coach of the year. The NCAA and the coaches association evaluates the accomplishments of all of the regional Assistant Coaches of the Year and selects a national Assistant

Coach of the Year.

As the Assistant Coach overseeing the sprints, Adkins-coached athletes won College Conference of Illinois & Wisconsin titles in the 100, 200, 400 and both relays. Segun Olopo qualified for the NCAA Championships in 100 and 200 meters, as did teammate Matthew Harden in the 200. IWU also qualified for the national meet in both relays. Adkins has coached 106 NCAA All Americans in his 9 year career at [Illinois Wesleyan](#).

"I was already shocked and amazed when I was selected as regional coach and then they called me up again as the national assistant coach of the year," states Adkins.

Marchan is the meet director of the **Coach O Indoor Invitational** held at Illinois Wesleyan.

2008 ILLINOIS JUNIOR OLYMPICS CHAMPIONS



The 2008 USATF Junior Olympics was held in Omaha, Nebraska from July 22 through July 27. Our Illinois athletes won the top 3 spots in each division during our Regional meet in North Chicago, and continued the winning momentum at the Junior Olympics. The following athletes received 1st thru 8th place medals:

Bantam Girls

Kayla Hylton-Stealth Bombers – 2nd-100 & 8th - 200

Youth Girls

Aaliyah Brown-Illinois Elite – 1st-200, 1st 4x100, 7th-4x400

Rori Ann Nalls-Illinois Elite-1st-4x100, 7th-4x400

Alia Childress-Illinois Elite-1st-4x100, 7th-4x400

Cessily Jones-Illinois Elite-1st-4x100, 7th-4x400

Megal Paul-Waukegan Invaders – 4th-200, 7th-400

Michaela Hull-Unattached – 7th-Shot Put

Katherine Adams-Unattached – 3rd – 1500, 2nd-3000

Intermediate Girls

Devyn Thompson-Illinois Elite – 6th – 1500

Ayana Scott-Springfield Striders – 5th-100H, 3rd-400H

McKinze Schulz-Aurora Flyers – 2nd – 2000 Steeplechase

2008 ILLINOIS JUNIOR OLYMPICS CHAMPIONS (cont.)

Intermediate Girls (cont.)

Brooke Bierhaus-Unattached – 7th-Steeple chase

Kelsey Card – Unattached 1st-Shot Put, 3rd-Discus

Olivia Herzog-Illini Heat – 7th-Shot Put

Taylor Barton-Let It Fly TC – 7th Hammer

Amani Salinas-Elgin Sharks – 6th-3000 Race Walk

Young Women

Regina George-Zephyrs-3rd-800

Sarah Higgins-Fast Feet-2nd – 2000m Steeplechase

Amanda Wowell-Unattached-2000m Steeplechase

Mercedes Mancha-Elgin Sharks-1st-3000m Race Walk

Molly Chlum-Flight TC-6th-4x400

Eileen Moran-Flight TC-6th – 4x400

Jerika Lewis-Flight TC-6th-4x400

Joyce Otuwa-Flight TC-6th – 4x400



2008 ILLINOIS JUNIOR OLYMPICS CHAMPIONS (cont.)

Young Women (cont.)

Katie Finck-Let It Fly TC –
4th-Hammer Throw

Kawana Brooks-Chicago
Striders – 3rd-Heptathlon

Janet Plonka-Zephyrs-6th-
High Jump

Samantha Gable-
Unattached-4th-Shot Put

Midget Boys

Brian King-Central Illinois-
6th-1500

Austin Williams-Central
Illinois – 4th – 3000

Nick Godsell-Illini Heat –
6th-3000

Emilio Mancha-Elgin
Sharks – 2nd-1500
Racewalk

Youth Boys

Izzy Garrison-Unattached
– 2nd-100, 4th 200, 6th
Triple Jump

Tate Schienbein-Fast
Feet-1st-3000m

Ryan Pearce-Illini Heat-
2nd-Discus

Spencer Allen-Marion
Swamp-7th-100m Hurdles

Rashad Hulbert-Illinois
Storm-5th-200m

Intermediate Boys

Erick Gavin-LV's
Cheetahs-6th-110H

Zach Riley-Marion Swamp
Fox-2nd-High Jump

Lovonte Slater-SW Suurban
Cheetahs-8th-Triple Jump

Jermaine Kline-Unattached-
6th-Shot Put

Jeremy Kline-Unattached-
3rd-Discus

Tyler Clott-Unattached-7th
Shot Put

Young Men

Jonathon Majors-Angelic
Flyers-6th-100, 5th-4x100

Darien Orr-Angelic Flyers-
5th-4x100

Phil Jones-Angelic Flyers-
5th-4x100

Daniel Fleming-Angelic
Flyers-5th-4x100, 7th-
Decathlon

Isaac Provitt-O.F.F. – 3rd-200

William Lindsey-Stealth
Bombers – 7th-110H

Mykhail Chambers-
Unattached-6th-High Jump

Cody Doerflein-Marion
Swamp Fox-2nd-Pole Vault

2008 ILLINOIS JUNIOR OLYMPICS CHAMPIONS (cont.)

Young Men(cont.)

Vernon George-North
Shore Breeze-3rd-Long
Jump

Raymon Parker-SW
Suburban Cheetahs-5th-
Long Jump

Daniel Block-Unattached-
3rd Shot Put, 6th-Discus

Marcus Popenfoose-
Unattached – 8th-Discus

Brett Rairez-Unattached –
4th-Hammer Throw

Dan Newhouse-
Unattached – 3rd-Javelin

Christopher Watts-
Zephyrs-4th-4x400

Brandon Minor-Zephyrs-
4th-4x400

Jeremy Webber-Zephyrs
4th-4x400

Armand Rhone-Zephyrs-
4th-4x400

Jonathan DeGrave-North
Shore Breeze-7th-4x800

Tauaris Thomas-North
Shore Breeze-7th-4x800

Karsen Green-North Shore
Breeze-7th-4x800

Pere Willhite-North Shore
Breeze-7th-4x800

NOTE: The medalists in the Youth and Intermediate Division are eligible for consideration for the World Youth Team. So, keep training and improving as all performances in those age groups will be tracked.

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ZERO TOLERANCE – ANTI-DOPING INITIATIVES

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USA Track and Field will heighten anti-doping education initiatives at its three youth national championships in 2008 and will begin in-competition drug testing at the 2009 championship events. The programs are a partnership with the U.S. Anti-Doping Agency and are tied to USATF's Zero Tolerance and Win with Integrity programs.

At the 2008 USA Youth Outdoor Track & Field Championships, USATF National Junior Olympic Track & Field Championships, and USATF National Junior Olympic Cross Country Championships, USATF will work with USADA to distribute educational materials on drug testing, will conduct town hall meetings for parents and coaches to learn more about anti-doping efforts, and will require athletes in the

Youth, Intermediate, and Young divisions to view USADA's Doping Control Process video which highlights the processes and procedures that occur during an in-competition drug test.

In 2009, formal drug testing at the USATF youth championships will be conducted for athletes in the Intermediate (15-16) and Young Men/Women (17-18) divisions. American athletes these divisions have always been subject to drug testing when competing in the USA Junior Championships, IAAF World Youth Championships, and IAAF World Junior Championships. USATF hopes that by adding the educational programs and the drug testing at the youth events, the athletes will be provided with the information and experience necessary to compete drug-free at the highest levels of competition, and in life.

