

THE DECATHLON ASSOCIATION

DECA Newsletter

Volume XXXXI

Number 50

December (2), 2016

MARRA HONORED

IAAF Achievement Award, “Where They Are Going”

Hello Again.....Our edition congratulates longtime Oregon Track Club CE coach Harry Marra who was honored last week in Monaco with the 2016 IAAF Coaching Achievement Award at the IAAF Athletic Awards Gala. As well, the 2nd full week on the indoor season witnessed nine additional early season meets and terrific performances by Colorado State’s Hunter Price, Kent State’s TJ Lawson and a barn burner at Pittsburg State.



CSU’s Hunter Price ran up 5906 in Golden.

First, Ram junior Hunter Price, 21, Arvada, Colorado, a transfer from Lafayette College (PA), added nearly 300 points to his career best with a NCAA I qualifying 5906

score at the annual Alumni meet at Colorado Mines in Golden. This annual affair is akin to an in-state championship meet as athletes from 7 state colleges toed the line.

Price used career bests in 5 events to turn back teammate Nick Kravec (5469). Buried in the results were a pair of top D-II efforts, by Azusa sophs Shakiel Chattoo (5377-JAM) and Corey Reid (5291).

At the Golden Flash meet in Kent soph TJ Lawson, 20, Stow, OH, posted a nice 5512 effort. The Boo Rogers meet in Pittsburg, KS went down to the final steps in



the 1000m. Local junior Tanner McNutt needed a 5½ second edge over reigning D-II outdoor kingpin Cody Thomas (no more eligibility) but came up just a single step short, losing by just three, 5446-5443.

Home meets dominated. Kevin Neilsen of BYU won in Provo (5469); K State’s Max Estill won the Zsivoczky pentathlon in Manhattan (3405); Dartmouth senior Nico Robinson (5237) was a winner in Hanover, NH; Lehigh junior Trevor Knowles (5271) came out on top in Bethlehem; and Findlay junior Trey Everett (5019) won on his home turf.



Elite vaulter Victor Wierich (left) topped the American indoor vault record with a 5.55m/ 18-2½ clearance in Provo. The effort was worth 1093 points.

In Provo BYU grad and elite vaulter Victor Wierich attempted his first multi and came away with a 5146 score, helped immensely by an indoor vault AR of 5.55m/18-2½.

No other CE meets are scheduled for December.

Finally we offer some new names to watch during the 2017 season in our “Where Are hey Going” list.

MARRA

The US coach guided Ashton Eaton to his second successive decathlon gold medal at the Rio 2016 Olympic Games, where Eaton equalled the Olympic record, and his third consecutive world indoor heptathlon title. Marra also guided Brienne Theisen-Eaton to the pentathlon title at the IAAF World Indoor Championships Portland 2016, where she broke the North American record. She later earned the bronze medal in the heptathlon at the Rio 2016 Olympic Games.

IAAF ACHIEVEMENT AWARD

What follows is a partial story from the TracktownUSA website, written by Curtis Anderson.

Marra currently serves as the combined events coach for Oregon Track Club Elite, a post-collegiate training group of professional track and field athletes based in Eugene, Ore.

He is best known for guiding the careers of two-time Olympic decathlon gold medalist Ashton Eaton, and his wife, 2016 Olympic heptathlon bronze medalist Brienne Theisen-Eaton, also known as **Team Eaton**.

At the Rio Olympics last August, Eaton became the third man in history to claim back-to-back gold medals in the decathlon, joining U.S. legend Bob Mathias and Great Britain’s Daley Thompson. Theisen-Eaton earned her first Olympic medal with a third-place performance in the heptathlon.

Marra, who spent 10 years as head coach of the USA National Decathlon Team (1990-2000), accepted the prestigious IAAF honor on behalf of the coaches and athletes he has worked with throughout a celebrated coaching career that has spanned five decades.

“I accept this award on behalf of all my



colleagues in coaching who work hard, learn their trade, have great integrity, play by the rules and demand a high code of ethics for themselves and the athletes they coach,” Marra said. “Each and every athlete I have ever coached has played an integral part in my growth and success as a coach. I share this award with them.”

Marra has been successful at all of his coaching stops. Prior to serving as the USA National Decathlon Team coach, he spent 12 seasons as head track and field coach at San Francisco State, four years as head coach at Springfield College in Springfield, Mass., and three years as an assistant at UC-Santa Barbara. Marra has also written numerous articles and lectured around the world on various aspects of athletics training.

He has coached seven different decathletes who have scored more than 8,000 points: Eaton, Paul Terek, Sheldon Blockburger, Bart Goodell, Paul Foxon, Brian Brophy and Steve Koel.

“I went into coaching for two reasons,” Marra said. “One, to give back to the sport that gave me so much. And secondly, and perhaps most important, I went into coaching to help athletes reach their full potential.”

There is no better example of those sentiments than the combined achievements of Team Eaton. Marra was recruited to Oregon in the fall of 2009 to take over as the Ducks' multi-event coach, primarily responsible for the training of budding superstars Eaton and Theisen-Eaton. Besides his two Olympic gold medals, Eaton is the reigning two-time World Champion in the decathlon; the world record-holder in the decathlon with 9,045 points; a three-time World Indoor Champion in the heptathlon; and world record-holder in the indoor heptathlon with 6,645 points.

Eaton, 28, said Marra is easily the most dedicated coach he has ever encountered. "I've never met a coach who has spent more physical and mental time and energy toward their coaching mission," Eaton said via e-mail. "Others can say they are dedicated but what are they using for their measure? If they used Harry, almost all would fall below his threshold.

"Of course, when he's at the track, he's focused. But it's when he's not around, he's thinking about track. At the office, at home cooking dinner, in the middle of the night, on an airplane, watching TV, in the car; he's thinking about how to win the fight, all the time.

"Our relationship is special because I recognize that he does all the heavy lifting ... I don't have to waste my precious energy and time thinking about all the nuances of technique and training. I just do the executing. For that, I respect him, thank him and love him. And he knows it."

Theisen-Eaton, a native of Canada, has also flourished under Marra's watch.

In the heptathlon, she is the reigning Olympic bronze medalist, a two-time World Championship silver medalist, Canadian national record-holder with 6,808 points and consecutive three-time champion at the Hypo Meeting in Götzis, Austria. Indoors, she won the gold medal in the pentathlon at the 2016

IAAF World Indoor Championships in Portland and was a silver medalist in 2014. "Harry is unlike any other coach I've had," Theisen-Eaton said via e-mail. "His commitment to Ashton and my success has been unwavering. He's spent the last seven years dedicated to helping us achieve our goals. (He's) at practice every day an hour early setting up hurdles, cleaning out shot put rings, and opening all the equipment storage bins.

"He tirelessly planned the correct competitions to go to and organized how to get Ashton's pole vault poles there. He spent many sleepless nights thinking about how to fix our many technical problems in all the events, and he constantly put us before his family by traveling the world for training camps and competitions over 200 days of the year.

"Not once did he even bat an eye at any of these demands we put on and expected of him. I will never be able to repay or thank him enough for all that he's done for us. He's dedicated a decade of his life to helping us and that is extremely rare to find."

The US coach guided Ashton Eaton to his second successive decathlon gold medal at the Rio 2016 Olympic Games, where Eaton equalled the Olympic record, and his third consecutive world indoor heptathlon title. Marra also guided Brianne Theisen-Eaton to the pentathlon title at the IAAF World Indoor Championships Portland 2016, where she broke the North American record. She later earned the bronze medal in the heptathlon at the Rio 2016 Olympic Games.

Where They are Going

The 2017 list is unabashedly borrowed from the recent edition of Track and Field News. Scores arranged numerically despite differences in implements/hurdles

New

Gabe Moore	Arkansas	7619jr
George Patrick	Texas	7493Y
Simon Hoster-GER	Memphis	7250
Hayden Ashley	Oklahoma Baptist	6933hs
Luke Littlefield	Baylor	6908hs
Zach Stadnicki	Oakland, MI	6716hs
Drew Neeley	Rhode Island	6668hs
Nick Zandes	Cal St-Bakersfield	6625hs
Nicholas Karlsson-SWE	UT-Arlington	6554
Jasper Schieder-CAN	Kansas St	6526
Nick South	SE Missouri	6501hs
Greg Carpenter	Grand Canyon	6486hs
Ryan Thomsen	Hillsdale	6412hs
Ari Dixon	Princeton	6308hs
Nathan Hite	Texas A&M [i hept 5446]	

Returning

Scott Filip	Rice	7876
Robert Cardina	Penn State	7666

Transfer

Steele Wasik	UCLA to Texas	7521
--------------	---------------	------