

THE DECATHLON ASSOCIATION

DECA Newsletter

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HARRY MARRA INTERVIEW

Available Decathlon Record Books

Hello Again... Our Newsletter provides a link to a recent (Oct 23) radio interview with Harry Marra, Ashton Eaton coach. We think you'll find it insightful as it includes a variety of coaching tips. And we provide information on a number of decathlon record books, two of which were recently announced by Euro deca maven Hand van Kuijen. That information is attached below.

Usain Bolt has admitted that Ashton Eaton is currently the World's Greatest Athlete and so we are honored to provide the interview. Here is the link:

<http://sportscoachradio.com/harry-marra-ashton-eatons-gold-medal-decathlon-coach/>

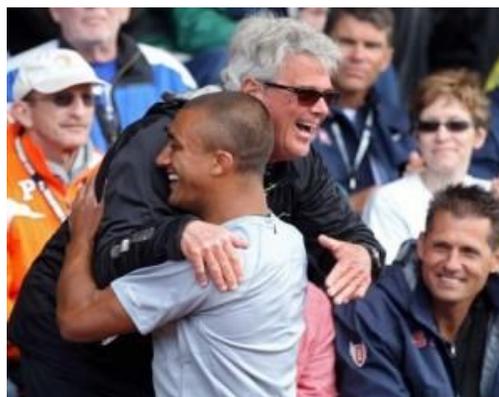


Marra is one of the leading lights of ultra-elite track and field coaching. He's been instrumental for over four decades in helping some of the world's best decathletes become world beaters. The show was hosted by sports psychologist Glenn Whitney.

Harry Marra has coached throughout every Olympic Games cycle since then, and helped seven different decathletes score over 8,000 points.

Eaton currently holds the World Record for highest score in the Decathlon, at 9,039 points, set at the U.S. Olympic Trials.

Harry is based at University of Oregon at Eugene. At present he is working simultaneously with Eaton and top Canadian heptathlete Brianne Theisen. Not



New world record holder Ashton Eaton is congratulated by coach Marra.

coincidentally Eaton and Theisen are engaged to each other.

Key topics

- The coach and athlete have to become one in their communication skills
- Ashton Eaton's Decathlon amounts to only 18 verbal "cues" i.e. "perpendicular" for the long jump
- Thorough preparation makes the Olympics feel like a simple dual meet
- A few (Oregon) athletes are so intense sometimes you have to tell them to lighten up, have some fun
- Eaton and other top Oregon athletes mean business; no messing around
- Top goal is to develop trust. You achieve it by being consistent with your athletes
- Behind most successful coaches is a supportive spouse

COMBINED EVENTS ANNUAL 2012

The new yearbook of international combined events will appear in December 2012 with the following information:

- world rankings 2012 men and women. This year including the top 200 for men and women and all results up till 7.500 points men and 5.600 points women
- results major meetings in 2012, including complete results of Olympic Games, European championships, world indoor championships, world junior championships, Götzis and I.A.A.F.-challenge
- top men performers and women performers all time
- all time top performances men and women
- national and international records
- indoor rankings 2012, all time and national records
- 2012 and all time world junior rankings
- world rankings according personal records in individual events
- 10 best rankings all time per event

This year including 120 athletes in who is who section of which 40 new ones

The book contains over 200 pages with information of combined events.

A must for every person interested in combined events.

All necessary information for coaches, athletes, journalists and other interested persons in combined events of all world top athletes is available in this annual

The price for this year's edition is EUR 30,-.

Orders received before December 1st. will have the copy before Christmas

Ordering is possible at: Hans van Kuijen e-mail: j.kuijen4@upcmail.nl
de Bergen 66,
5706 RZ Helmond
Netherlands

The price for the book is:

Cash money Europe: EUR 30,- GBR cash GBP 30,-
SEK 350 no cheques

Outside Europe cash money USD 50

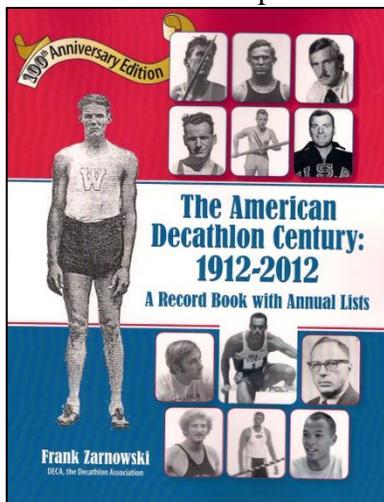
From the same publisher also still available:

Statistics handbook Götzis 1975 - 2007	EUR 12,00
Statistics handbook European Cup Combined events 1973 -2007	EUR 15,00
1912 – 2012 100 years Olympic decathlon	EUR 30.00

(cash or on bank account per copy)

NEW DECATHLON RECORD BOOK IS STILL AVAILABLE

The American Decathlon Century: 1912-2012, A Record Book with Annual Lists, has just been delivered from the printers. This 100th anniversary edition is the ultimate US decathlon record-



book with very deep annual lists for each year of the past century. An extensive record section and thumbnail photos of 500 USA decathletes is provided. As America celebrates its 100 years of decathlon success, nationally and internationally, you won't want to be without this reference book. If you ever had a historical or statistical question about the US decathletes, it is answered here.

This is the definitive record book, covering every year, every significant US decathlete and every even remotely important US decathlon meet, for a century.

*The American Decathlon Century: 1912-2012,
A Record Book with Annual Lists*

By Frank Zarnowski

528 pages. [8½ x 11]

Published by DECA, The Decathlon Association, 2012

ISBN: 0-9768358-1-9

HOW TO ORDER: you can order via mail:

Price: \$40 US
30 Euro

-for US residents: add \$5.50 for shipping & handling
-for non USA residents, add E 10.00 for shipping and handling.

Note: I tried to keep the price down, but the book has over 500 pages and weighs over 5 pounds. 200 copies are available.

Make check or money order payable to Frank Zarnowski, and mail this address form to:

Frank Zarnowski
58 2nd Ave
Emmitsburg, MD 21727
USA

Please send ____ copy(ies) to:

Name

Address:

City

State

Zip code

1912 - 2012

100 years Olympic decathlon

In July 2012 it was exactly 100 years ago that the first Decathlon in its actual setting was held at the Olympic Games in Stockholm. The well known Dutch statistician, Hans van Kuijen, has written a manuscript with the history of this famous event. In the 180 pages document (A4 photo copy) all high lights of the Decathlon are brought together and it brings stories (in English language) of:

- all Olympic Games
- all world championships
- all world record holders in Decathlon
- reports of other international top meetings, like ECCE, IAAF Challenge, Götzis etc.
- explanation of the various scoring tables during the 100 years of Decathlon

Annexes:

- results of all Olympic Games
- results of all world championships
- development of the world record in Decathlon
- world record holders career files
- top 10 world rankings per year 1911 – 2011
- results from various championships

The author still has a limited number of copies available of this manuscript for the price of EUR 30,- per copy. (outside Europe EUR 40,-)

Ordering can be done to pay on bank account of the author, which is:

ABN-AMRO bank in Helmond

BIC-code: ABNANL2A

IBAN-code: NL79ABNA0523127898

Or, by cash payment direct to the home address hereunder.

Please secure your order also per e-mail to:

Hans van Kuijen

De Bergen 66

5706 RZ Helmond

Netherlands

e-mail: j.kuijen4@upcmail.nl