

# THE DECATHLON ASSOCIATION

## DECA Newsletter

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## MUSINGS FROM DAEGU

### World Championships Quotes, Overheard

*Collected from: conversations with athletes and coaches, post meet interview, and from "Track Focus", "FloTrack," and "IAAF."*



I'm unsure how many noticed, but during the photo shoot after the **awards ceremony** on Monday evening, Ashton flashed the traditional Hayward Field "O" symbol while Trey displayed the "hook'em horns" symbol. Ducks and Longhorns never die. This extra Newsletter attempts to capture quotes, feeling and observations in the wake of the American 1-2 decathlon finish at the 13<sup>th</sup> IAAF World Track and Field Championships in Daegu, Korea.

#### **Trey Hardee (gold medalist):**

"This one (IAAF champs) was different and really hard. I felt great on first day, 2<sup>nd</sup> day was kinda fuzzy. On 2<sup>nd</sup> day I rolled my ankle. I laid on ground for 3 minutes trying not to scream. I got treatment after hurdles and they taped it. Elbow was arterial tendon pop/tear. Other than that and the grade 2 ankle sprain I came out healthy.

"I didn't really feel pressure because I was ready to go. I was in really good shape and I thought my fitness level going in would put more pressure on other people trying to have their best meet to beat me. I enjoy the role of defending the title rather than trying to win it and take it away from somebody."

"You have to be happy with the win no matter how it happens. This was a little bit different than in Berlin. In Berlin it just happened. I was on a roll and things came easy. Today and yesterday were a little bit fuzzy. There were a few more bad events than there were good."

"I was hoping to take the lead after the hurdles but I rolled my ankle right before and was really very confused. After my first discus throw I was like 'I have the lead; let's keep it and keep padding the lead'."

"I'm looking forward to the '12 Trials...got to be ready...got to start planning for that. We (USA) are really deep.

"I live in Austin, Texas it's an awesome, awesome fun city. There's a lot of live music. There's a lot of stuff to do outdoors. I will go on the lake and go standup paddle boarding. Or, I hang out with my girlfriend or take naps. It's a leisurely lifestyle."

-When asked about what it was like to compete with Roman Sebrle, who, at 36 years of age, was in his final world champs meet here. "He's fabulous. Each time I compete with him I'm amazed. I never saw anyone who could *will* himself over bars or *will* big

throws in clutch moments like Roman. You know when I first started the decathlon in 2003 he (Roman) had recently set the world record at 9026 points. I thought then, ‘hey 900 points per event, what’s so hard about that?’ I now know better.”

“Berlin kind of opened the door. That’s where I said ‘you know, I can score pretty high.’ I had a few bad events and it kept me under 8600. After Berlin it kind of blew that door open and now here I am with two world titles.”

**Mario Sategna** (Hardee’s coach)



“We were really worried after Trey turned his ankle. Man, it was like the NCAAs one year when he broke an ankle in the indoor heptathlon. We were scared.”

“You know, there is less time to warm-up during championship decathlons. It’s hard in the major championships because they only give them two warm-up throws. So you get two throws then it’s ‘o.k. let’s start.’ He (Trey) knew he could come away with a PB. So he was definitely going to hit it as hard as he could. It was a blessing in disguise that it happened when it did - on the last throw in the javelin.”

“Trey is very meticulous about everything. I mean, everything has to be in order. He’s the kind of person, from the time he wakes up to the time he goes to bed, he knows when he’s going to eat, when he going to train when he is going to nap, and it’s good because not all the athletes I work with are like that.”

“The past few years he has elevated himself to a higher level.”

**Ashton Eaton (silver medalist):**

-At the post meet press conference, when asked what the meet highlight was for him, Ashton responded, “you know, maybe you won’t believe it but it was after the 1500 m and Leonel (Cuba’s Suarez) came up to me, shook my hand and said ‘thank you for the great competition.’ I mean, I had taken the silver medal from him and here he was, the true sportsman. I’ll never forget that moment.

“The throws are actually what kept me alive in this meet...my shot put, my discus. I stayed in the game because of those things. That was surprising, but very good. The throws are something I’ve struggled with and now maybe not so much. In Berlin (at the 2009 World Championships some announcer called me an ‘abysmal thrower’. So that got me fired up. Harry (Marra) is known for the throws for multis and development. So he’s been working with me since this time last year. We’ve been doing shot put stuff, med ball stuff, discus and javelin all year.”

-About that dramatic 1500 meter run where he needed a 5 second margin over Suarez for the silver medal: “I left all the thinking to my coach, with the time I needed to run. He told me I needed to run 5 seconds faster than the Cuban. At that point, you just let the training, competitiveness and desire take over.”

“I learned a lot at this track meet. Not everything goes perfect. If you’re leading after Day 1 don’t beat yourself up. It’s about the competition, I was worried more about points not necessarily my place. Which is not the right thing to be worrying about.”

As to next year’s Olympics Games in London.: “I’m in a good position and I’m going to keep on doing what my coach has set out for me. It’s going to be tough to be patient and wait for next year to start.”

**Harry Marra (Eaton's coach at Oregon Elite TC):**

-When asked about Eaton's intentions before the 1500m: "He'll run, I mean really run. He's a Duck."

**Ryan Harlan:**

-Asked what the highlights of the meet were, "I'm trying to think of a highlight. I came in a little banged up, but, that's the decathlon. Maybe the shot, I had one good throw and another good throw off one finger. I had good warm-up in the vault, but then I pulled my hamstring. For only having one leg I threw the jav pretty good. I'm proud of Trey, only two other guys have done (repeat wins) what he's done. Maybe the highlight was watching Ashton in the 1500 win the silver....that was just awesome."

**Frank Zarnowski:**

"Going 1-2 at the World Champs just doesn't happen. There are forces in place that have helped put the US back on top. I can recall the very first world champs. As I sat in Helsinki Stadium I recall that the US had two entries and neither could even finish. Now we finish first and second!"

"Sometimes success, over the long haul, is just cyclical. But in our case, I think the major impetus comes from having so many good decathlon coaches today. They create interest, recruit, and train athletes smartly. And who are they, these coaches? A good number came right out of the VISA USA Decathlon Team program of the 1990s (incidentally developed in the main by Harry Marra). They are now college coaches who know what they are doing. Mario Sategna at Texas is a good example. He was part of that team for several years. That national program which supported athletes, sponsored clinics, training camps, provided sports medicine, nutritional and psychological help, and had terrific developmental programs, and created



a decathlon family in the US. They are the big reason we went one-two here.

I can't wait for 2012."