

THE DECATHLON ASSOCIATION

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TREY HARDEE INTERVIEW

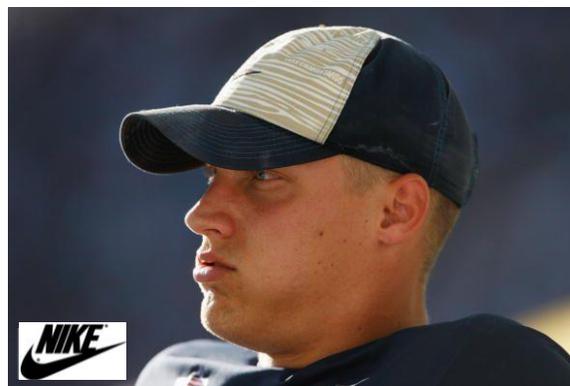
#2 in Interview Series

Hello Again.....We bring the 2nd of 4 interviews of America's top decathletes. This issue features 2009 IAAF world champion Trey Hardee who continues to make Austin, Texas his training base and uses Longhorn coach Mario Sategna as his mentor. Trey was 2009 USA national champion, 2005 NCAA champion and runner-up last season at the IAAF world indoor hept. He is the collegiate decathlon record holder and 2008 US Olympian. His PRs include:

| | |
|--------------|------------------|
| Decathlon: | 8790 points |
| Heptathlon: | 6208 points |
| 100m: | 10.28 |
| Long Jump: | 7.83m+1.9/ 25-8¼ |
| Shot Put: | 15.33m/50-3½ |
| High Jump: | 2.08m/6-9¾ |
| 400m: | 47.75 |
| 110mH: | 13.71+1.9 |
| Discus: | 52.68m/172-10 |
| Pole Vault: | 5.30m/17-4½ |
| Javelin: | 68.00m/233-1 |
| 1500m | 4:42.61 |
| Indoor: 60m: | 6.71 |
| 60H: | 7:76 |
| 1000m: | 2:47.76 |

DN...What were you before you became a decathlete? That is, did you play other sports in high school? When did you start T&F?

TH...I started track and field when I was in 9th grade. I pole vaulted for a few weeks and then started summer workouts for football. I was always in season for something in high school: basketball, soccer, track, or football. I was only a pole vaulter for my senior year of high school and goofed off a little late in the



season and ran the 100m, high jumped twice, ran the 300mH twice, aaaannnnnd one open 400m (55.26sec!). I wasn't too sure about the decathlon once I got to Mississippi State but I was up for the challenge. I started training for it and did horrible in my first multi-event competition (2003 indoor SEC's, 13th place). At this point, I just wanted to be a pole vaulter (I got 7th in the open vault the very next morning w/ 5.10m) So I thought I was done! But I reluctantly stuck with it till I did my first decathlon at the Texas Relays a couple months later and managed 7156. From then on, I just kept PR-ing, falling in love with the decathlon, and learning how to be a better decathlete.

DN...How is your training going? Will you do anything different to prepare for 2011 season?

TH...At this point in my career, Mario and I think we've pretty much figured out how my

body responds to most types of training. We've gone back and re-invented some of the things we did to prepare for the 2009 season. In doing so, we feel like we're on the right track and things couldn't be going any better. Training is incredibly tough and I'm putting on muscle and getting as fit as I've ever been. So the 2011 season should be exciting and something to look forward to!



DN... *You are already the reigning world champion. Are there plans to improve in any specific event(s)?*

TH... Hmmm, I always just want to be a better decathlete. But this year, I'm going to work on simplifying things throughout my technical events. I've spent 6 years making things more complicated than I probably should have! So this season I want to just have fun and keep it simple! I feel like in the past two seasons I've either PR-ed or almost PR-ed in all the events, so I'm ready to put it all together and push for some higher scores.

DN... *Mario Sategna says that there is still plenty of upside in the 400, hurdles, high jump and shot put. Is being consistent in these events a key for 2011?*

TH... I think being consistent in any event is important. But those four events are definitely ones that we feel like can take us from where we are to where we want to be. I PR-ed in the 60mH (7.70), the HJ (2.06m), and SP (15.33m) all within the last year. So

we need to work hard to make those the norms and not the outliers.

DN... *Is it hard to be patient in training? In meets?*

TH... Early on in my career it was hard being patient in both training and meets. But I think with old age, comes wisdom! I know there are things beyond my control. I've really tried to corral any nervous, frustrating, or unneeded wastes of energy over the years and feel like I'm getting better and better each year. So, I guess I don't get too impatient anymore!

DN... *You are still relatively young (just 26) and may be the youngest world champion ever. How long do you plan to stay with the sport?*

TH... I'm just going to take this sport as long as I can. It's what I've been called to do and what I'm most passionate about. Fortunately, I just signed a new contract with Nike, so it appears that I'll be doing the decathlon for at least the next several years!

DN... *I know you had a groin injury last year at Gotzis. Is that healed? Are you healthy now?*

TH... I'm back and fit as a fiddle. The muscle tissue wasn't particularly damaged in Gotzis. It was more of an alignment thing and my groin just seized up. I took a lot of time off and stayed on it with therapy and treatment and it's back and stronger than before.

DN... *What was the most disappointing point (low point) in your decathlon career? What was the high point?*

TH... Hmmm... low point is hard to find, I've had such great experiences with the decathlon in my career. But each loss is kind of hard to swallow, but they serve as great motivation and learning tools for me. The high points would have to be the decathlons right after a

loss or a long break from competing. The feeling that you get when you fix the mistakes from last time or step out on the track for the first time in a while is really gratifying and I get chills just thinking about it.

DN... *Do you have any explicit goals for next year (2011)?*

TH...Honestly, I want to be ready to go for Gotzis and put up a big mark. It's difficult to score extremely high in a world championships setting because of the time schedule. So Gotzis will be a place where we're going to try to get a big one and enjoy the competition. I would be lying if I told you I didn't want the AR after this season. We're going for it!

DN...*What meets are you planning to do in 2011? As defending world champ you get a bye this year. Will you still do USA nationals?*

TH...We're going to let that take of itself. Right now, we're planning for Gotzis and then taking it from there in order to get to Korea healthy and ready to defend my title. It's early and lot can change.

DN...*What is your ultimate goal in decathlon? Was the 8790 in Berlin a surprise?*

TH...The ultimate goal is to get better every day/month/year. If you can do that, you're having fun, doing things right, and the scores will come. The score in Berlin was close to what the 2008 Oly trials score would have been with a good discus throw. So we were just sitting and waiting for that one! But to see it happen when it did was pretty special for us.

DN... *Do you still do the "hook'em horns" gesture to fans. Ashton is getting used to creating an "O" with his hands in response to*



the Hayward Field Fans. Maybe each decathlete needs a hand gesture...Jake could do an "A".

TH...Of course I still do the hook 'em! I've been doing it since I got to Austin in 2004 and do it after every decathlon. It's funny, because there are Longhorn fans all over the world and somebody is always asking for a photo with me doing the hand gesture! It's awesome!

Some Indoor Meet News

Here is some recent information on indoor heptathlons.

Feb. 5-6, 2011, (Saturday-Sunday)
International Heptathlon, Tallinn, Estonia.
This replaces the former Reval Cup meeting.
By invitation only.

Jan 28-29 (Friday-Sat) Harvard Multi Meet .
Please direct questions to Brian Fetzger,
meetmgr@fas.harvard.edu or phone: 617-495-2128. Top 30 athletes will be divided into 2 groups. All entries will be done online through Direct Athletics (www.directathletics.com).