# NEWS

## Professional REPORTER'S NOTEBOOK

These notes are very important to me.
If found please contact:

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1983

1. ~~PERNELL~~ (Dropped)
2. ~~PELLION~~ (Dropped Next Year (Probation)
3. FORT - MUST DO better
4. JONES MUST DO better
5. FRAZIER - Next Year (Probation)
6. ADAMS 1/2
7. Echols 1/2
8. STEEL 1/2
9. LITTLE APPLE
10. VANZANT -
11. CRAWFORD -
12.
13.

# JR Championships

H

Gardner — 53.70 - 54.18 E

Angela Williams 11.61 - 24.16

LAST HEAT 6th

Manzant — 12.37 - 24.69

Garner — 25.1

Semi

Williams — 11.70 - Semi

Davis — 11.62 - Semi

You have to want it.

JR Olympic

Tom VANZANT - 12.2.

56.54

Him Gardner - 26.31 - 30.23

Woodson - 30.44 - 34.41 - 64.8

Clark - 28.79 - 33.07 - 61.86

June 26, 27. Durham

10 Dead - Nationals Team

880 Medley

Wict A.

11.13 - Morehead

10.98 - Bowen ~~Brown~~

22.38 - Brown

53.61 1:38.16

Jones - 11.14 - 11.56

Fort - 10.53 - 11.33

Davis - 24.54 - 23.45

55.30

Pollion - 54.74 - 1:41.55

1:41.64 Final

4X100

1-Cheese 2 Fort

3 VANZANT 4 PERNELL

5. FRAZER 6

Medley — ① JONES 110 FORT 110

220 ④

Cheese. POLLION

⑤

4X400, ① DAVIS

② GARDER ③ POLLION

④ Cheese, ⑤ PERNELL

⑥

# OUTDOOR NATIONALS

1. Chiesl - 100 - 4X100 - Med Mile Relay
2. DAVIS - 400 - ~~Med~~ Mile Relay Mile Relay ~~Mile Relay~~
3. PERNELL - 200 - 4X100 - Med
4. POLLION - 400 - Med - Mile Relay
5. FORT - 100 - 4X100 - Med
6. JONES - 100H - 4X100
7. FRAZIER - ?
8. VANZANT - 200 - 4X100
9. GARDNER - 400 - Mile Relay
10. Roberts - 100 -
11.
12
13
14

4X400

1. POLLION 3. PETTWELL

2. ECHOLS 4. DAVIS

Univ Ky - Relays

100M.

1. Pernell 3. Frazier
2. Fort 4. Adams

4X100

1. Adams 3. Frazier
2. Fort 4. Pernell

Medley

1. Adams 3. Pernell
2. Fort 4. Davis

(over)

4X100

1 Jones 3. Frazier
2 Fort 4 Pernell
5 Adams

800 Medley

1. Adams - 110 3. Cheese - 220
2. Fort - 110 4 Davis - 440

4X400

1. Cheese 3. Pernell
2 Echols 4. Davis
5 Adams 6 Jones

# Tigerbelle Relays

1. 100m.

1. Cheese
2. Adams
3. Fort
4. Frazier

200m

1. Pernell
2. Frazier
3. Adams
4. Fort

100 Hurdles

1. Jones

400m.

1. Davis
2. Pollion

800

Echols.

Long Jump.

1. Jones
2. Pollen

Horde

Start to first

2.42, 3.42, 4.44, 5.42

6.44, 7.41, 8.52, 9.57, 10.63

11.69, — 12.86.

| | 1st | 2nd |
|---|---|---|
| POLLION | 2.45 | 3.71 |
| JONES | 2.36 | 3.47 |
| | 2.39 | 3.58 |

4X200

1. PERNELL - 24.70
2. FORT - 24.60
3. FRAZIER - 26.54
4. DAVIS - 23.66

1:39.70

4X400

1. POLLION
2. JONES
3. PERNELL
4. DAVIS

South Eastern Mo.

100 meter ① Fort, ② Frazier

③ Jones. — 11.89

100 meter Invitational

1. Perwell. 11.32 H.H

100 M Hurdles. ① Jones — 13.90

② Pollion.

Long Jump ① - Jones, ② Pollion

③ Medley -

110 — Frazier 11.60

110 — Fort 11.50

220 — Perwell 24.93

440 — ~~Davis~~ Pollion 55.48

1:43.67

~~4x~~ 100

1. Jones 12.00

2. Fort 10.91

3. Frazier 11.72

4. Perwell 11.65

46.28

GA RELAYS

4X100 -
1. JONES, FORT, FRAZIER
PERNELL -

Medley - Adams, Fort
220 440 110 110
FRAZIER, DAVIS

4X400 - POLLION,
DAVIS, PERNELL, JONES,

HepATHLON - POLLION

PUT DAVIS IN RELAY 5

Mile Relay -

Medley Relay -

Tiguerbelle DRILL

| | | |
|---|---|---|
| 11 - under | 100.00 | 330 - |
| 12 - under | 50.00 | 220 - |
| | | 110 - |
| 13 - under | 25.00 | 330 - |
| 14 - under | 10.00 | 220 - |
| | | 220 - |
| 15 - | 5.00 | 110 - |
| | | 330 - |

# OUTDOOR - 1982

UNIV GA.

100M

1) Adams, (2) Fort, (3) Frazier

200M (1) Adams (2) Fort (3) Pernell

400M (1) Adams (2) Pernell (3) Pollion

800 - Echols,

100H, Jones, Pollion.

LJ - Jones - Pollion -

4x100 - (1) Jones, Fort, Frazier

Pernell, - Adams, Pollion

4x400 - Pernell, Jones Adams

Pollion, - Echols, Frazier

220.

800 medley - Frazier Fort Adams

Pernell - Jones, 100 Pollion

Medley Relay
Heat II pick (2)
Lane. 4 (J)

440 yd Dash - Winner only

Heat I
Lane-3- J. Pollion
Heat-4- F. Davis Lane 3

640 Relay -
Heat 3 (H)

Lane 1 Tenn - State. 9mt
Lane 2 Unc Houston

INDOOR NATIONAL

60YD HURDLES

HEAT I ADVANCE - M. I.M.

LANE - 4 - JONES

2 TO SEMI

60YD DASH

HEAT I B. FRAZIER LANE 2

HEAT II - C. CHEESE, LANE 5

HEAT IV - W. FORT LANE 1

MILE RELAY - WINNER ONLY LANE 3

TENN STATE INV (K) HEAT I

220YD DASH WINNER ONLY

HEAT I

LANE 4 C. CHEESE, LANE 4

HEAT II B. FRAZIER - LANE 4

HEAT III S PERNELL LANE 4

FINALS RELAYS INDOOR

4X160

1 Cheese 3 PERNELL

2. FORT 4 DAVIS

5. FRAZIER 6 JONES

Medley - 880.

1. POLLION - ~~1403~~ PERNELL - 110

2. FRAZIER - 1104. Cheese - 220

5. JONES 6 DAVIS

MILE RELAY.

1. DAVIS 3. PERNELL

2. POLLION 4. Cheese

5 JONES 6 FRAZIER

OK

Cheese — 60yd - 220 -

Davis — 440 -

Pernell — 220

Pollion — 440 -

Fraizer — 60yd - 220

Fort — 60yd

Jones — 60yd H,

Lap -

1. Cheese
2. Davis
3. Fort
4 Pernell
5 Fraizer
6 Jones

Med - Relay

1 Cheese ~~Pernell~~
2. Pernell
3. Fraizer
4. Davis
5. Fort
6 Jones

MILE - PELHY

1. Pelion
2. Jones
3. Frazer
4. Pernell

Nike

MILLROSE GAMES, New York

1. Cheese - 150.00 - 60yd Dash
1st place (New Meet Record.)

Southern Championships
T.F.A. - Montgomery - ALA.
60yd Hurdles - 1st New Meet Record
Lisa Jones - 75.00
440yd Dash - 1st New Meet Record
Judith Pollion - 75.00
DALLS
440yd Dash - 2nd 30.00
FORT
60yd Dash - 2nd 30.00

1 LAP

1. Chiese 3. FRAIZER

2. Fort 4. PERNELL

Medley - 880 - Relay

1 Chiese - 220 3 Fort - 110

2 PERNELL - 110 4 DAVIS

Boyd

1. Chiese ~~Pernell~~

2. Fort 3 Pernell

200

1. Chiese 3. FRAZIER

2. PERNELL 4

220 yd Dash

1. Cheese - 23.8, Frazier 24.6

2. Parnell 24.4,

440-110-110-220

Med-Relay - 1:47.2

1. Davis 4 Cheese,

2. Parnell 5. Jones

3. Frazier 6. Fort,

7 - Adams,

Mile-Relay Cheese,

1. Pollion 5 Davis

2. Parnell 6. Jones,

3. Frazier 7. Adams,

3:50.1

# Indoor NATIONALS

60yd Hurdles - 7.8

60yd L. Jones

1. Chrise 6.73. Fort - 6.8

2. Frazier 6.8 4. Perrell 6.8

— 640 — Relay

1. DAVIS 4. Chrise

2. PERRELL 5. POLLION

3. FRAZIER 6. Fort

7 Jones 1:10.4

440 1. DAVIS 2. POLLION

Long Jump

1. Jones — 19'7

2. Pollion — 19.8

Gina Gardner

1498 David St

Memphis TN. 38114

(901) 743-8992

440 yd Dash.

1. Davis. 3. Pearell

2. Pollion 4 Adams

800 –

1. Nichols,

4x1 Lap. Relay.

1. Jones 4 Adams

2 Fox 5 Davis

3. Frazier 6

Mile Relay

1. Pearell 4 Davis

2. Frazier 5 Adams

3. Pollion 6 Nichols,

Southern Indoor Championships

60yd Hurdles -

1. Jones.

2. Pollion

Long Jump -

1. Jones.

2. Pollion

High Jump.

1. Pollion

60yd Dash.

1. Perwell

2. Fort.

3. ~~Frazer~~ Adams.

4. Adams.

New Meet Record:

4x400 —

1. Cheese
2. Pernell
3. Davis
4. Pollion
5. Jones
6. Frazier

Trip.

1. Cheese,
2. Davis
3, Pollion
4 Pernell
5. Frazier
6. Jones
7. Fort
8 Skinner
9 Smith
10 Temple
11 Sizes
12
13.

MASON-DIXON

60 METER

1 Cheese

2 FRAZIER

3 FOXT

60 METER Hurdles

1. LISA JONES

Long Jump

1. LISA JONES

2. Judith POLLION

4X100 RELAY

1. JONES 5 Cheese

2. FOXT 6 DAVIS

3. FRAZIER 7

4 PERNELL 8 (over)

New Meet Record:

1. Chase — 100.50 —

2. Davis — 50.00.

3. Pollion — 50.00

4. Pernell — 50.00

CHERBO

1,300 - Cheese Looked Good, Pernell Run better Frazier did well,

50yd Cheese Very Good, Pernell - TRAIL only Frazier - TRAIL only,

Boyd - FRAZIER -

Semi 1ST 6.9 1ST

Finals - 6.8. 1ST

Looked good, -

Boyd - Perwell - 7.1 Semi

Final - Perwell - 6.9 2nd.

Looked Better in finals

Run 440 - Mile Relay, 57.2

Pollion - Pentathlon.

Work on Shot Put,

Hurdles - 880 - Long Jump.

Run way -

Fort - Run - 6.9 Heat.

Needs work on Form,

— Middle Tenn. —

1ST 2.5 1ST H

DL Jones — 8.0 — 3.6 2ND H

" " 1ST 2.5

— 7.9 — 3.7

Need work on Three Hurdles

Work on Starts,

Long Jump — Work on

Steps To Board, check

with Sam, on Start L.V.

60yd Dash —

Mile Relay —

60yd Dash

FRAZER – MUST work on STARTS, 30 meter, TRAINS 7.12

Semi 7.12

PERNELL – put out false START – poor 440 – 59.26

Adams – 60yd – Semi 4th

STARTS – STRIVED –

POLLION – did well in High Jump – 5'8" 3rd

440yd – 56.35 – 2nd in Heat

EASTMAN
INVITATIONAL
EAST TENN.

60xv Hurdles,

Jones. - 1st Hurdles 8.16 2.4.7-T

1st Hurdle 8.17 2.5.5-S

PAN AMERICAN

Head coach. John Randolph

Asst Coach Dick Hill

Asst Coach Jim Santos

Head mgr Dr Joe Vigil

Asst mgr Bob Covey

Asst mgr Woody Ciochetti

WORLD Championships

Head Coach Stan Huntsman

Asst Coach Dean Hayes (Field)

Asst Coach Russ Rogers (Track) ~~Jim Santos~~

Head Mgr Bob Newland

Asst Mgr Ernie Cunliffe

Men Olympic 1984

Head Coach. LARRY ELLIS

Asst Coach TOM TELLEZ (Jumps)

Asst Coach KEN SHANNON (Throws)

Asst Coach BILL DELLINGER (Distance)

Asst Coach WILLIE WILLIAMS (Sprints)

MEL ROSEN

Head mg - ROY CRIAK

Asst mgr - FRED NEWHOUSE

Asst mgr AL BUEHLER

Asst mgr MEL ROSEN.

| | |
|---|---|
| JAVLIN | 150.0 |
| 440 Relay | 46.6 |
| 880 Relay | 1:43.0 |
| 1 Mile Relay | 3:45.0 |
| 2 Mile Relay | 9:00.0 |
| HEPTATHLON | 5150H - 5100E |

57 - 1982

| | |
|---|---|
| 100M | 11.5 |
| 200M | 23.8 |
| 400M | 54.0 |
| 800M | 2:06.5 |
| 1500M | 4:22.0 |
| 3000M | 9:35.0 |
| 10000 M | 35.30 |
| 10000 W | 27.30 |
| 100m H | 13.9 |
| 400m H | 61.0 |
| L.J | 20'2" |
| H.J | 5'11¼ |
| 4K SHOT | 47.0 |
| DISCUS | 162.0 |

| | |
|---|---|
| ~~400 MR~~ | ~~47.7 - 48.0~~ yds |
| 440 yd. | 47.7 - 47.4 Meter |
| 880 yd | 1:47.2 - 1:46.2 Meter |
| 1 Mile - Relay | 3:54.0 - 3:52.8 Meter |
| 2 Mile - Relay | 9:18.0 - |
| Heptathlon | |

| | JR 1982 |
|---|---|
| 100M | 11.8 |
| 200M | 24.4 |
| 400M | 55.4 |
| 800M | 2:11.0 |
| 1500 | 4:34.0 |
| 3000 | 9:54.0 |
| 3000 WALK | 18.00 NO TIME |
| 100M H | 14.4 |
| 400M H | 64.0 |
| L.J | 19.0 |
| H.J | 5'8½" |
| 4K SHOT | 42'6" |
| DISCUS | 136'0 |
| JAVELIN | 130'0 |

19 Aqe 1982

Top 10 T.H.C

Olympian Dave 4Th. Rep-

JULY 10-11 - JULY-29-31
WASHINGTON South AMERICAN

JR TEAM. VARUISINETO

ED. TEMPLE - Head

DAVE RODDA - COL SPRING, SOUTH AM

BOB KERSEE - WASHINGTON PUMA ONLY

PAUL WARD - COL SPRING SOUTH AM

FRED LA PLANTE, WACHATSON PUMA

Head Mg LOUISE TRICAU -
ASST EVELY LEWIS - BARBARA FERRELL

Sr BERT LYLE - Head,

PHIL DELAUND

AUGIE ARGABRIGHT

Mr NELL JACKSON

DOOLITTLE, ASST MGR

Development =
Check Yellow Book
NOT for Grand Pre.

6 Track meets outdoor
Grand Pre. 60.000. Men-Wom

Operation Gold Elite
Top Eight in World
1 million 32 sports
Sport Medicine

OUT DOOR - 1982

~~[illegible]~~ INTERNATIONAL
COMPETITION - Men - Women

TRANSPORTATION - 1:00 - 1:30 - 2:00
2:30 - 3:00 - 3:30 -

7

WANAMAKER MILLROSE GAMES
MADISON SQUARE GARDEN
New York - Feb 12

8

U.S.A INDOOR TRACK-FIELD
Championships - MADISON
SQUARE GARDEN New York
Feb 16,

INDOOR - 1982

1. EAST TENN-STATE, UNV
1. JAN 8.9. - JOHNSON CITY -
2. U.S. OLYMPIC INVITATIONAL
2. JAN 16
3. ROSEMONT HORIZON GAMES
6. JAN 17 - CHICAGO ILL
4. PHILADELPHIA CLASSIC
8. JAN 22
5. TORONTO STAR MAPLE
LEAF - TORONTO CANADA.
JAN 29
6. MASON-DIXON GAMES
LOUISVILLE KY - feb 5.6.

14,

(over)

1. Head Mgr Barbara Palm
2. Pearlie Mc Daniels

Olympic

Head. Brooks Johnson

1. DORIS HERITAGE

2. JACK Griffin

3 Head mgr PAT RICO

Ass't Bob SEAMAN.

Pan American

Head. Harmon Brown.

1. CONRAD FORD.

2. TERRY CRAWFORD

3. Head mgr - Charlie RUTER Ass't Rex Anderson

World Games -

Ken Farmer Head Coach

Sue Humphrey Ass't

Ken Gibson Ass't

Dec 3. AT convention — Jack

Olympic Pass ✓ Wed. ✓

Olympic Coach.

1. Brown — yes
2. Jacket - NO
3. Foreman - yes
4. Jackson NO
5. Johnson - yes
6. Knelson - NO
7. Lyle — NO
8. Griffin - yes
9. Rodda — ~~yes~~ NO
10. Stephens, — NO

5 Coach, Mgr Olympic
5 " " Pan Amer
2 " 2 World Games

Olympic — meeting

A Sprint

B. Medium

C. Hurdles

D. Long Dis

E. Sprint Relay

F Dis. Relays

G High Jump

H. Long Jump

I Shot Put

J Javelin

K. Discus

7A. Indoor Championships

7B Outdoor Championships

7C.

Olympic
5 people
Pan Amer
5 people
2 mgr
2 wordcha

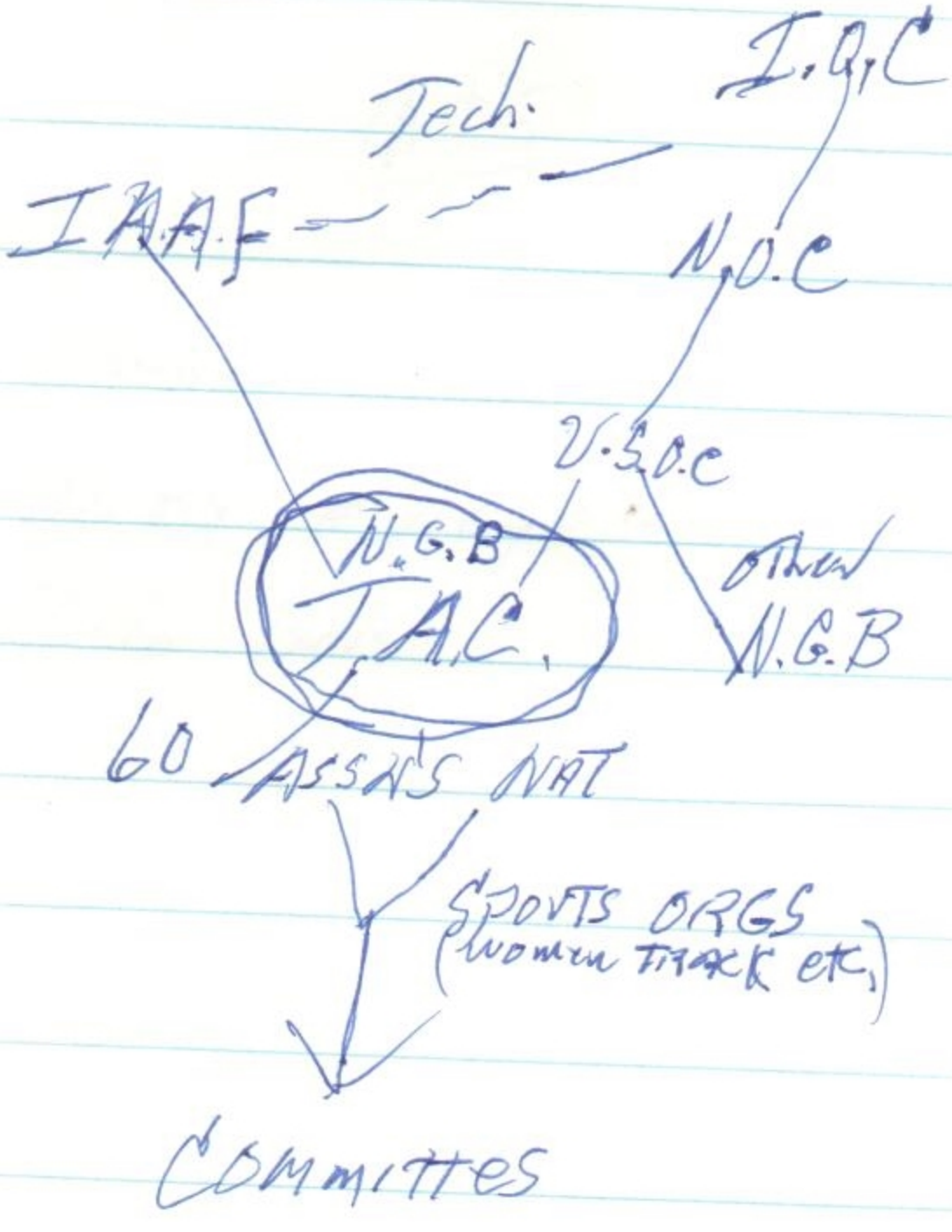
# Weights

1. Power Lift.
Easy To Legs
3-6 BAR.

I.A.A.F.

Eastern Block — U.S.S.R. etc.

Western Block, — U.S.A. etc.




U.S.O.C.

PAN AMER

OLYMPICS

SPORT FOUNDATION

Self Preparation

Body — feeling

Behavior —

Thoughts —

Body — feeling with in —

Disciplined Relaxation —

Behavior

Keys —

Programming —

Thoughts

Focus — Self Assessment

Making negative, positive

Planning Dare

DR SWINN (Psychologist)

1. COMPETITIVE PERFORMANCE ABILITY – TRAINING:
2. TRAINING – PHYSICAL – PSYCHOLOGICAL –

ENVIROMENT –
SELF –
ENVIRONMENTAL CONTROL
1) DO YOU KNOW WHAT AFFECTS YOU POSITIVELY
2) DO YOU SMOOTHLY ADOPT YOUR STRATEGY,

800 → 1500 - 3K MAV

A- 2:00 4:05 8:50 2,30,0 AM

B 2:05 4:15 9:10 2.40,0 AM

C. 2:10 4:25 9:40 3.00 AM

D. 2:15 4:45 10:40

III INCENTIVE

| | W CUP | PAN AM | WCH | OLY |
|---|---|---|---|---|
| G | 5,000 | 3,000 | 5,000 | 20,000 |
| S | 3,000 | 2,000 | 3,000 | 10,000 |
| B | 1,000 | 1,000 | 1,000 | 5,000 |

# Jumps. I - $130,000

A) Top 5 in world (5) 800 month
B) Top 6-15 (4) (4) 400 month
C) Top 5 in 80 (1) 400 m
D)
E)

## II

Club - Coach

A) - (5) - 200 month - off Ath.
B) (4) 100 month - off Ath
C) (1) 100 month - off Ath
D) (2) 50 month - off Ath
E) (4) 50 month - off Ath.

400 M. – 15 or 16 steps, 17?

Ashford 49 steps, 50 100 m. Hochwald
48 last year

World Cup. Smallwood 47-49
Ashford – 51 steps
4x400 –

1. 53.)

2.

3.

4.

400m Race – 300 M – 35.5 –

Pepsi Meet – Sunday
May 16.

Region Training Camps

1) Purpose -
Age - 14 min Coach of Ath -
Camps All events -

Indoor - National
Feb 26. 1982

Jan To June = 300.00,

Relays Carib. July 18 - 23

Sport fm July 23 - 25

Fwd =

Jr Pan Am July 23 - 26

South American

Jr Championship Colo Springs

Texas - April 2, 3, 1982

Regional - April 10 T.S.U.

Hurdles

100 - 200 - 400 100th 400th - May 16 Pepsi

A. I. A. A. May 21, 22

NCAA 3, 4, 5 KC MO June

14 - July 18 - 20 - Sport Festival

Football film, Regional

Development T.S.U.

Pepsi Meet May 16