

**It was great to once again see nearly all of our members and to work with them at the Tom Jones Meet last weekend. Everyone slipped into their officiating role efficiently and did a good job. Tony's organizational work makes it easy for us to prepare for our jobs. Last minute hiccups aren't noticeable any longer - your versatility and willingness smooth everything out. A highlight of the meet was the return of Ralph Lewis. It is good to see his flagging skills and appetite haven't diminished. I had given Ralph an address to submit an application for the NCAA East Regional and while he was doing it he discovered a great training site prepared by the NFHSAA. They are up and running with on line training. Their first offering is entitled Track & Field PreMeet Notes. It can be reached by going to [www.nfhs.org](http://www.nfhs.org) and clicking on the 1/22/09 entry entitled Track & Field PreMeet notes. It is 12 pages of excellent and interesting writing. It covers several topics and is far better than any training tip we might be offering. You will enjoy it!!!!!!**