

2005 USS Coach of the Year Winners

Congratulations to the following coaches who were recently named U.S. Speedskating's coaches of the year for 2005:

Volunteer Coach of the Year: Cindi Hart
Development Coach of the Year: Jimmy Jang
National Coach of the Year: Li Yan

2005 Volunteer Coach of the Year, Cindi Hart, head coach of the *IndySpeed* Sports Club runs the speedskating program for the entire state of Indiana, both for U.S. Speedskating and Special Olympics, Indiana. She is an active coach in multiple sports with multiple national medalists. She is a strong coach and volunteer within Special Olympics Speedskating, giving Team USA its best result ever in the World Winter Games.

As a cyclist and speedskater with the Wolverine Sports Club, Cindi started coaching cycling in the mid 1980's, becoming a senior coach through USA Cycling. During the late 1980's she coached at the USOEC in Marquette, Michigan for speedskating and cycling, and participating as a volunteer with Special Olympics. In the early 1990's she was one of Mike Walden's students that help establish and train the newly created regional coaches' program for USA Cycling. During the mid 1990's, Cindi moved to Indiana, where there was no speedskating. She was a founder of *IndySpeed* Sports Club, to cater to speedskating and cycling in Indiana. Not only a founder and coach, Cindi is the club's grant writer, successfully obtaining over \$10,000 in grant funding for speedskating in Indiana.

In the 100+ years of speedskating records, there has never been a National Speedskating Champion from Indiana. They came close in 2005, when for the first time two members of *IndySpeed*, coached by Cindi Hart, placed second overall in the National Long Track Championships. Using cycling as a summer conditioning program, Cindi also coached five athletes to national cycling medals, including two National Cycling Champions, and multiple State Cycling Champions.

As head Speedskating Coach for Special Olympics, World Winter Games held in Nagano Japan, she wrote speedskating training programs and training manuals for Special Olympics. Cindi took Team USA to Nagano Japan, where 26 out of 27 athletes medaled - 96% of Team USA speedskaters, a record never before attained.

An advocate of coaches' education, Cindi participates in multiple clinics for speedskating, traveling to Salt Lake City for the elite coaches symposium the week she was diagnosed with cancer, and has recently passed her Level III (national) speedskating coaches exam. She regularly can be seen in Milwaukee, at the Pettit National Ice Center, working with other athletes and coaches, as well as Indiana skaters.

After being diagnosed with breast cancer in May of 2004, Cindi continued to coach, and compete as an athlete, to show her skaters that all obstacles can be overcome. In January, Cindi broke the women's 40+ national 1500 meter speedskating record by 7 seconds, only 3 weeks after cancer surgery. During her cancer treatments she continued to coach and train with her athletes. As a cancer survivor, Cindi plays an active role in the Cancer community, where she is Indiana spokesperson for the Susan Komen Foundation, and an active member of "Cyclist Combating Cancer", speaking on overcoming obstacles and cancer awareness. She has also been recognized by the Indianapolis Star for the award of "Woman of Character".

There is no better coach or role model for developing athletes than Cindi Hart. Her positive attitudes and teachings that: "all obstacles can be overcome" shows in her coaching as well as in her day to day living.

2005 Development Coach of the Year, Jimmy Jang, has the ability to transform his skaters from average national level skaters into Olympic athletes. Jimmy's formula includes a strict regiment of hard work and determination. He puts his heart and soul into every skater. Jang doesn't accept failure and will not let his athletes accept it either. That goes in skating and in life. To skate under Jimmy, all the skaters must maintain an above average grade point level. He even stays in contact with old skaters to make sure they are succeeding in life after speedskating. Jimmy really is not only a coach of speedskating, but a coach of life.

Jimmy (Gwon-Ouk) Jang joined U.S. Speedskating as a National Development coach in 2004. Prior to his current position, Jimmy was a team coach for a Virginia speedskating club from 2001. A Korea-native, Jimmy was a member of

the Korean National Short Track Team from 1986-1989 and was a member of the World Championship Team in 1989. After retiring from competitive skating, Jimmy became the Korean National Team Coach in 1990. From 1991-93, Jimmy was the Korean national Junior and Reserve Team Coach. In 1994, Jimmy moved to Australia to become the NSW Team coach until moving to the United States in 2001. Jimmy was the World Quad Roller Skate Champion in 1983 and 1984.

In 2005, Jimmy was the Junior World Team coach and skaters from his program made up four of the six skaters on the team. He continued to develop these skaters and, in 2006, two skaters from his program qualified for the 2006 Olympic Team, four skaters qualified for the World Cup Team and three qualified for the Junior World Team. He was named as an assistant coach at various World Cups in 2005-06 and as the assistant 2006 Olympic Team coach.

2005 National Coach of the Year, Li Yan, has been involved in Short Track for over 26 years. She has coached for seven years and was an athlete for 14 years. Li Yan has had impressive international results as a coach for the U.S. Team. She has developed an internationally competitive U.S. Ladies team and has successfully re-structured the National Team Program with an improved team atmosphere, work ethic and commitment. Li Yan utilizes and manages USOC sports science and sports medicine in the Performance Enhancement Team concept and, in doing so, maximizes the team's results. Under Li Yan's leadership, the U.S. Men's Short Track Team finished 8th overall in the World Cup in 2005, while the Ladies finished 6th overall in the World Cup. The team combined to win 30 World Cup medals, with Apolo Ohno becoming the overall World Cup Champion. In the World Championships, the U.S. won three medals and Ohno finished second overall.

Li Yan was a member of the highly decorated Chinese National Short Track Team from 1987 through 1994. She amassed an impressive medal collection: a gold and two bronze medals from the 1988 Olympic games, a silver medal from the 1992 Olympic Games and one silver and two gold medals from the 1992 World Championships. Li Yan followed these achievements with coaching at the Olympic Games and World Championships. She began her coaching career in 1992 when she held the position of assistant coach for the Chinese National Short Track Team. She coached for the Slovak Republic from 2000 to 2002 as their World and Olympic Team coach and followed that by coaching for the Vienna Speedskating Club. In 1994, Li Yan took a sabbatical from coaching to attend school and graduated with a degree in international finance.

Li Yan joined U.S. Speedskating's staff in January 2003 as the Short Track Development Coach based at the U.S. Olympic Education Center in Marquette, Michigan. She became the U.S. National Team Coach in June 2003, where she is based in Colorado Springs.

Congratulations to the following coaches who were also nominated in 2005 by their skaters and clubs:

Volunteer Coach Nominations

Beth Bedford
Casey Wager
Cindi Hart
Rick Barcheck
Jeffrey Brand

Development Coach Nominations

Paul Marchese
Jimmy Jang

"Doc" Councilman Science Award Nomination

Rex Albertson

USS COACH OF YEAR WINNERS:

	Volunteer Coach	Development Coach	National Coach
1997		**Dianne Holum	
1999		**Tom Healy	Bart Schouten
2000		Geert Kinthart	Susan Ellis
2002		Gretchen Burns	Mike Crowe
2003	Dennis Marquard	Dave Besteman	Tom Cushman
2004	Jim Cornell	Amy Peterson	Tom Cushman
2005	Cindi Hart	Jimmy Jang	Li Yan

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