



July 8, 2006

## VS ATHLETICS WELCOMES FIVE NEW MEMBERS

LOS ANGELES—Director Skip Stolley has announced that five new athletes have joined the **VS ATHLETICS Track Club**. They include two hammer throwers, a pole vaulter, a 400 meter hurdler, and an 800 meter runner. “We are very pleased with these new additions to our club says Director, Skip Stolley. It is an exceptional group of young men and women and they each have the talent to develop into elite athletes.”

**Trevor and Trent Kraychir** are two of America’s leading prep hammer throwers and just completed their junior and sophomore years respectively at Twenty-nine Palms High School. They also throw the 16lb. open implement in the **170-180 ft. (52-55m)** range. The hammer throw is not a high school event in California, so we are very pleased to support their development as members of our USATF Elite Development Club,” Stolley noted. They are coached by their father, Hank Kraychir, who was a California State High School and Junior College throws champion and a 4-time NCAA All-America performer in the shot put and discus at USC.

Pole vaulter **Melissa Sakowski** just received her doctorate in Pharmacy from USC and is a converted long jumper. She took up the event at USC and in 4-years has improved to **13’3½” (4.05m)** as a post-collegian. “Melissa brings outstanding sprint and jump skills to the pole vault and has the potential to become a real star,” says Stolley.

**Lynnae Samuels** was a 4-time NCAA Division-II All-America performer in the 400m hurdles. She has also run 13.72 for the 110m hurdles and has 12.21/24.83 100/200 meter speed—a combination of speed and hurdling skill that indicates she can much faster than her current PR of **59.59**. “After a year off, Lynnae is re-energized and hungry again, says her VS Coach, Cedric Hill. She is a natural hurdler who can develop into a dominating athlete.”

After not breaking 2-minutes for 800 meters in high school, **Jon Collins** went on to become one of California’s leading JC performers en route to lowering his PR to **1:50.90** at Cerritos College. Jon brings very good sprint speed to the 800 and loves to race, says VS Distance Coach Skip Stolley. I knew he was something special the first time I saw him run.”

All five will be competing in the **2006 USATF National Club Track & Field Championships** next weekend, July 15-16, at Mt. San Antonio College.

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July 5, 2006

## VS ATHLETES TALLY 90 GP POINTS IN WEEK-2 OF SUMMER GRAND PRIX SERIES

VAN NUYS—VS Athletics athletes won six events and scored 90 GP points in week #2 of the 6-week **Southern California USATF Summer Track & Field Grand Prix Series** at Birmingham High School in the San Fernando Valley. Athletes can score points in 32 men’s and women’s events towards \$5000 in cash prizes to be awarded at the end of the Series on August 2.

Sprint specialist **Carmelita Jeter** won the 400-100-200 trifecta again this week, but was pushed hard in the 400 (**57.44** to **57.74**) by teammate **Roseline Agboke**, who had won the 1500 just 17-minutes earlier. 100/200 specialist **Will Hills** made his first appearance in the Series running **55.04** for 6<sup>th</sup> in the 400, then came back with a 4<sup>th</sup> place finish in the 200 in a season best **21.82**. **Jon Collins** finished 2<sup>nd</sup> in the Men’s 800 meters and **Lynnae Samuels** shook off the rust after a one-year hiatus from the sport by winning the 100m hurdles and 400m hurdles. **Nick Garcia** won the Men’s Shot with a throw of 56’3 ¾” and **Jeff Ryan** equaled his 2<sup>nd</sup> performance with a 17’10 ½” clearance in the pole vault.

Athletes interested in joining  
the VS Athletics Track Club  
are invited to contact:

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**Director/ Assistant Coach**  
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