

# Coaches



## Co-Head Track & Field Coach

Phone: [\(775\) 830-6955](tel:(775)830-6955)

Email:

### **Bio:**

Hanah Smrt is an accomplished athlete and coach, now serving as the co-head coach for Yuba College track and field. A proud Yuba College track alumna, Hanah holds school records in the high jump, long jump, and 100-meter hurdles. She has been recognized as the 2018 BVC and 2019 GVC Field Athlete of the Meet, and in 2019, she was honored as the CCCAA State Champion in the Heptathlon and the CCCAA Field Athlete of the Year. She is a four-time NorCal Champion; 2x Heptathlon, 1x 100-meter hurdles and 1x long jump. Additionally, Hanah is a two-time Yuba College Female Athlete of the Year and a five-time CCCAA All American.

Continuing her athletic journey, Hanah earned a scholarship to compete at the University of Nevada, Reno, where she secured top 10 all-time rankings in the long jump and pentathlon and became a five-time Mountain West scorer.

Transitioning into coaching, Hanah has made significant contributions at Reno High School from 2022 to 2024, coaching athletes to state-level success, including state finalist Ezra Sambrano in the 300 hurdles, state runner-up Nick Woodhead in the high jump, and state finalist Sydney Porter in the high jump. She was also the Nevada Track and Field team manager for the 2023-2024 season, gaining experience in the higher

education coaching scene.

Academically, Hanah holds an AA in Social and Behavioral Sciences from Yuba College, a BA in Psychology, and an MS in Equity and Diversity in Education from the University of Nevada, Reno. Her blend of athletic excellence and academic achievement positions her to help develop the next generation of athletes at Yuba College.



## Co-Head Track & Field Coach

Phone: [\(760\) 315-1082](tel:(760)315-1082)

Email: [hatkinso@yccd.edu](mailto:hatkinso@yccd.edu)

### **Bio:**

This will be Coach Howdy Atkinson's tenth season as Head Coach and 8th season at Yuba College. In his first nine years with the program, he had over 50 athletes advance to the State Finals in over 70 events with over 25 earning All-Americans. Coach Howdy also seen 6 records fall at Yuba. Coach Atkinson has been Coach of the year 4 times. Coach Atkinson had 12 receive Athletes of the Year at Yuba College, including 10 Conference Athletes of the Year, one Regional Athlete of the Year, and a CCCAA Track and FIELD athlete of the YEAR. He also has had 2 State Champions, Darrell Kaanaana (Shot Put) and Hanah Smrt (Heptathlon). Prior to Yuba College Coach Howdy coached **four** seasons as Throw's and Multi's Coach at Butte College. In his four years with the program, he had had 25 athletes advance to

the State Finals, 10 All-Americans, 3 State Champions and had five records fall (W-Shot Put, M-Shot Put, W-Hammer, W-Javelin and W-Heptathlon). In his time at Butte, the women had set 25 new top 10 records and the men had set 13 new top 10 records. Howdy also spent seasons at CSU Chico (3 years), Chico high (2 years), Amador High (1 year) and Yuba City High (1 year).

As an athlete, he competed at CSU Chico where he was an All-American in the Shot Put taking 4th at Nationals in 2003; he was also ranked 17th in the discus and 25th in the hammer. He brings his experience as a former All-American, and the success of having a conference champion every year he has coached. Coach Howdy would like to see the field events become the best in the state every year. Howdy Atkinson is Married to Meagan Atkinson, she teaches in the Yuba City School district.



## **Ryan Donahoe**

### **Head Throws Coach**

This will be Ryans second year at Yuba College as Head Throws Coach. Ryan is a former 2x All-American Athlete and school record holder and Conference Champion (Shot Put) at Yuba College. He received a Athletic Scholarship form Tiffin University. Yuba College is excited to add Ryan to help maintain our efforts to be the top throwing team in the nation! He will work hand in hand with Howdy to grow our team and give our athletes the best opportunity to move on to the next level. Austin Greer and Kyle will assist Ryan in the throws.



## **Jordan Sanders**

Title: Assistant Coach (Jumps)

## **Bob Miller**

Title: Assistant Coach (Distance)

## **Jay Meder**

Title: Assistant Coach (Sprints & Hurdles)