

# Coaches



## Co-Head Track & Field Coach

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### 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**

### **Throwers and Multis Coach**

Phone: [\(760\) 315-1082](tel:7603151082)

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#### **Bio:**

The 2025 season marks Coach Howdy Atkinson's 10th year as Head Coach and his 14th overall with the Yuba College Track & Field program. During his first nine seasons leading the team, Coach Atkinson has guided over 50 athletes to the State Finals across more than 70 events, with over 25 earning All-American honors. Under his leadership, six school records have fallen, and he has been named Coach of the Year four times.

With his guidance, Yuba College has established itself as one of the top multi-event and throwing programs in the nation for over a decade. Coach Atkinson's athletes have earned significant accolades, including 12 Yuba College Athletes of the Year. Among those were 10 Conference Athletes of the Year, one Regional Athlete of the Year, and one CCCAA Track & Field

Athlete of the Year. His program has also produced two State Champions: Darrell Kaanaana (Shot Put) and Hanah Smrt (Heptathlon).

Before joining Yuba College, Coach Atkinson spent four seasons at Butte College as the Throws and Multi-Events Coach. While there, he coached 25 athletes to the State Finals, produced 10 All-Americans, and helped crown three State Champions. His athletes set five school records (Women's Shot Put, Men's Shot Put, Women's Hammer, Women's Javelin, and Women's Heptathlon). During his time at Butte, the women's team set 25 new Top 10 marks, while the men recorded 13.

His coaching journey also includes time at CSU Chico (3 seasons), Chico High School (2 seasons), Amador High School (1 season), and Yuba City High School (1 season).

As an athlete, Coach Atkinson competed at CSU Chico, where he earned All-American honors by placing 4th in the Shot Put at the 2003 National Championships. He was also ranked 17th nationally in the Discus and 25th in the Hammer. He brings not only personal competitive experience but also a track record of producing conference champions every year of his coaching career.

Coach Atkinson is committed to developing one of the top field event programs in California. He is married to Meagan Atkinson, who teaches in the Yuba City School District.

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## **Jordan Sanders**

Title: Assistant Coach (Jumps)

## **Jay Meder**

Title: Assistant Coach (Sprints & Hurdles)