

# Coaches



## Co-Head Track and 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 and Field Coach

### Howdy Atkinson

#### Throwers and Multis Coach

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#### **Coach Howdy Atkinson – Head Coach, Yuba College Track & Field (2026 Season Bio)**

The 2026 season marks Coach Howdy Atkinson's 11th year as Head Coach and 15th overall with the Yuba College Track & Field program. Over the past decade, Coach Atkinson has built a legacy of excellence, guiding more than 50 athletes to the State Finals in over 70 events and producing more than 25 All-Americans. His teams have shattered **over 30 school records**, and his coaching impact has been recognized with four Coach of the Year honors.

Under his leadership, Yuba College has emerged as one of the nation's premier programs in the multi-events and throws. His

athletes have earned top regional and statewide accolades, including 12 Yuba College Athletes of the Year. Among these are 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 his time at Yuba, Coach Atkinson spent four seasons at Butte College as the Throws and Multi-Events Coach. There, he guided 25 athletes to State Finals, produced 10 All-Americans, and helped crown three State Champions. His athletes set five school records and contributed to 38 new Top 10 performances in both men's and women's programs.

Coach Atkinson's broader coaching journey includes stints at CSU Chico (3 seasons), Chico High School (2 seasons), Amador High School (1 season), and Yuba City High School (1 season), reflecting a lifelong dedication to athlete development.

As an athlete, he competed at CSU Chico, where he earned All-American honors by placing 4th in the Shot Put at the 2003 NCAA National Championships. He also achieved national rankings of 17th in the Discus and 25th in the Hammer, bringing elite-level experience to his coaching philosophy.

Now entering his 11th year at the helm, Coach Atkinson continues to shape Yuba College into one of California's strongest field event programs. He lives in Yuba City with his wife, Meagan Atkinson, an educator in the Yuba City School District.

# Amelia Adamson

Title: Assistant Coach (Multis and Javelin)

## Amelia Adamson – Multi-Events & Javelin Coach, Yuba College

Amelia Adamson brings an exceptional athletic pedigree and a deep commitment to student-athlete development in her first year as a Multi-Events and Javelin coach at Yuba College, working under the guidance of Howdy Atkinson. A former standout heptathlete, Amelia competed for two years at Yuba College, where she quickly established herself as one of the top multi-event athletes in the state and nation.

As a freshman, Amelia earned **All-State honors** in the heptathlon, followed by **All-American recognition** as a sophomore. She was a scoring force at the conference championships, contributing points in the 100-meter hurdles, 200 meters, 400 meters, both relays (4×100 and 4×400), shot put, and high jump—while also winning the **Triple Jump, Long Jump, and Heptathlon**.

Her success earned her a scholarship to **Cal Poly Pomona**, where she continued her impact, helping the Broncos win **two conference championships**. She was a key scorer in both the heptathlon and the javelin, showcasing her versatility and consistency at the highest level.

Amelia graduated **Summa Cum Laude** from Cal Poly Pomona with a bachelor's degree in **Kinesiology**, reflecting her academic dedication alongside her athletic excellence. She now serves as a **Physical Education teacher** at Johnson Park and Ella Elementary schools, continuing to inspire young students through health, movement, and discipline.

In her coaching role at Yuba College, Amelia brings a relentless work ethic and a “never stop” mentality that defined her own career. Her passion and drive will be instrumental in elevating Yuba College's Multi program,

further solidifying its reputation as one of the **premier multi-event programs in the nation.**



## Jordan Gutierrez-Sanders

Title: Assistant Coach (Jumps)

### **Jordan Gutierrez-Sanders – Yuba College Track & Field Jump Coach**

Jordan Sanders is entering her fourth season as the dedicated Jumps Coach for Yuba College Track & Field. A proud alumna of the program, Jordan brings both elite experience and passionate mentorship to her athletes.

### **Athletic Background**

Jordan's track and field journey began at Yuba College, where she was a standout jumper and sprinter. She excelled in the **Long Jump**, consistently ranking among the top competitors

in the conference and qualifying for **multiple NorCal Championships**. Her explosiveness and technical precision in the runway and take-off phases earned her recognition as one of Yuba's most consistent jumpers.

She also played a pivotal role on one of the **fastest 4x100m relay teams** in Yuba College history, contributing to the squad's dynamic speed and success. During her time as a student-athlete, Jordan helped lead the Women's Track team to an impressive **four consecutive Golden Valley Conference (GVC) Championships**, showcasing her competitive spirit and versatility.

Jordan later transferred to **California State University, Chico**, where she continued competing in the Long Jump at the NCAA Division II level. At Chico State, she further honed her technique and gained valuable experience at the collegiate level of competition.

### **Coaching and Professional Career**

With a **Master's degree in Kinesiology**, Jordan combines science-based training with first-hand athletic insight. Her coaching philosophy focuses on technical mastery, mental discipline, and individual growth. Since joining the coaching staff at Yuba College, she has developed numerous **GVC Champions in the Jumps**, with athletes regularly reaching new personal bests under her guidance.

Jordan also works with youth athletes through the **Fast Fast** development program, where she brings her expertise to the next generation of jumpers and sprinters. Her coaching style emphasizes proper biomechanics, plyometric conditioning, and event-specific drills to maximize athlete potential in events such as the Long Jump, Triple Jump, and High Jump.

### **Legacy and Passion**

Whether coaching collegiate competitors or young athletes just

entering the sport, Jordan's **passion for track and field is unmatched**. She is known for her relentless pursuit of knowledge, always seeking new strategies and techniques to empower her athletes to be their best. Her commitment to excellence and athlete-centered coaching continues to elevate Yuba College's jumping program year after year.

## Jay Meder

Title: Assistant Coach (Sprints & Hurdles)

### **Jay Meder – Sprints, Relays & Hurdles Coach**

Jay Meder enters his 6th year as a coach for the Yuba College Track & Field team, where he leads the Sprints, Relays, and Hurdles programs with unmatched expertise and dedication. A former standout athlete at Yuba College himself, Jay competed as a two-sport athlete in both Track & Field and Football, specializing in the hurdles and sprint events. His competitive background and firsthand experience on the track give him a deep understanding of the physical and mental demands required to succeed at a high level.

Over his coaching tenure, Jay has made a significant impact on the Yuba Track program. Under his leadership, athletes have broken the school records in both the 100m dash and the 4x100m relay, signaling his ability to develop elite-level speed and technical precision. Jay has previously brought his coaching talents to Marysville High School and Wheatland High School, where he helped shape numerous student-athletes into top-tier competitors.

What sets Jay apart is his commitment to individualized training. Rather than applying a one-size-fits-all model, he creates personalized programs tailored to each athlete's strengths, needs, and goals. He integrates advanced tracking systems into daily practice sessions to monitor progress and

make data-driven decisions that enhance performance. This detail-oriented approach extends into the weight room, where he implements a science-based strength and conditioning regimen to complement on-track development.

Thanks to his innovation, dedication, and technical mastery, Jay has transformed Yuba College into one of the premier hurdle programs in the North State. His athletes not only improve but thrive under his guidance, making Jay Meder a cornerstone of Yuba Track & Field's sustained excellence.

## **Abby Meder**

Title: Assistant Coach (Throw's)

## **Dalton Novak**

Title: Assistant Coach (Multi's and Pole Vault)