

Carla Forbes Named USATF – New England’s Athlete of the Month for August



Photo: SportsPix photo by Nathan Vaughan

BOSTON – **Carla Forbes**, age 14 of Hyde Park, MA, who competes for the Waltham Track Club, has been named USA Track & Field – New England’s Athlete of the Month for August 2009. Carla qualified in both the long jump and triple jump for the USATF Junior Olympic National Championships held in Greensboro, NC, July 28 – August 2. Competing in the Youth Division (age 13-14) long jump on August 1, Carla hit 18’ 1” on her first jump. Although she felt frustrated by fouling on four of her subsequent attempts, her first jump held up for 3rd place and a bronze medal.

The next day, Carla competed in her better event, the triple jump, and described going in with a “clear mind and a determination to do my best.” She quickly moved to the front of the field and though she again fouled some of her jumps, on her last attempt she bounced 38’ 9 3/4” to win the national championship by over 2 feet and set a new national championship meet record for the event. On July 12, at the Bay State Games held at MIT, Carla had actually triple jumped 39’ 3”, which surpassed the national record in the Girls Youth division, but due to the absence of a wind gauge, that record could not be ratified.

Surprisingly, Carla has only been training seriously for the jumps since joining the Waltham Track Club in spring 2008. Speaking of her coach, Joe Tranchita, Carla said, “I don’t even understand how much I can thank Joe”. Both Forbes

and Coach Tranchita described her development in similar fashion, noting that she had strong natural talent, but had much to learn and needed a lot of coaching and development to become an accomplished jumper. Tranchita calls Forbes, “the perfect athlete”, citing her “passion for the sport,” her coachability and “her fierce competitiveness. He notes that she has remained down to earth as her achievements have soared, saying that although her performances have singled her out, “Carla just wants to be one of the kids.”

Carla is beginning high school at Newton North in September. Her mother describes her as an “all A” student in middle school, and Carla cites her favorite subjects as math and Spanish. She is looking forward to high school track & field competition, and asked about future goals, talks of wanting to take track & field “as far as I can.”

For a young athlete, Carla Forbes shows unusual maturity, perspective and an ability to articulate, saying, “if you want something, you need to work for it.” Regarding jumping, she notes that “doing the event and understanding it are two different things; the more you understand it [technique], the more you can apply that understanding to doing it better.” Given both the physical and mental attributes that she brings to track & field, this writer can only concur with Coach Tranchita’s assessment that, for Carla Forbes, “the sky is the limit.”