

# BCA JUNIOR DEVELOPMENT COMMITTEE

**Sept 4, 2011**

10:00 am to 1:00pm

BC Athletics Meeting Room,  
3820 Cessna Drive, Richmond, BC

## Committee Meeting Minutes

### **Attendees:**

JD Committee Members: In Person: Dawn Copping, Kevin Harrison, Besnick Mece  
Via Teleconference: Peter Maryschuk, Alwilda van Ryswyk, Sheila Weegar

BCA Board Director: Tom Dingle

Regrets: Len van Ryswyk, Dave Short

**Meeting:** Called to Order at 10:27 am – Dawn Copping

### **1. Review acceptance of the Sept 4, 2011 Agenda:**

**Motion:** To accept the Sept 4, 2011 Agenda as presented.

Moved: Awilda Van Ryswyk Second: Peter Maryschuk

**Carried**

### **2. Minutes from April 10, 2011 meeting :**

**Motion:** To accept the draft Minutes of April 10, 2011.

Moved: Alwilda van Ryswyk Second: Besnick Mece

**Carried**

### **3. Business arising from January 30, 2011 minutes:**

1. *2kg instead of 3kg hammer for 12/13 year olds?*

**Recommended Motion:** That in 2012 a 2kg hammer should be used for 12/13 y.o. females and 12 y.o. males.

**Action:** Dawn will send a resolution to the board on behalf of the JD committee at the AGM.

2. *500g Javelin* - Dawn to consult throws coaches about the possible inclusion of the 500g javelin as a way to enhance progression of throwers from the 400g to the 600g javelin and bring back recommendations to the Oct. meeting
3. *Relay's for JD Track and Field Championships – no complaints heard, by all accounts a successful trial in 2011.*  
*No other submissions at this time*

### **4. JD Championships for 2011**

- JD Pentathlons - meet went well, meet director responded to needs of the meet. High jump still a difficult event to run without significant delays
- JD Track and Field Championships - things went well. Some comments about last minute schedule changes which affected hurdles especially the 200m hurdles which was moved 3 hours earlier with only 24 hour notification. host on same date posted on fixtures list.  
**Action:** Awilda to submit written report to Dawn before the next meeting in Oct.
- JD Cross Country – new distances will take effect; some complaints about hills being too steep for younger runners  
**Action:** Kevin to discuss possible course adjustments to reduce steepness in JD courses, especially younger ages

### **5. Expenses Allowed for BCJD Committee Members**

No further discussion on this item.

### **6. JD AGM Meeting**

- Tentative Date: Saturday, October 29 in Aldergrove at the Encore Restaurant (same as last year).
- Need to provide teleconference ability

- Peter to chair the meeting  
**Action:** Dawn to send out notice with address of restaurant (who will clarify reservation?)

### **7. Review of Relay Inclusion Rules:**

- Confirmation that implementation of these rules was successful at the 2011 JD Championships in Kamloops.

### **8. JD's and Road Racing**

- Further discussion on the dangers of encouraging young runners to enter road races
- **Recommendation:** that this committee sends a note to the BC Athletics Board of Directors that states that we recommend no JD aged athletes compete in Road Races, but if they do that the distances raced are equivalent to the JD Cross Country Race distances.
- **Action:** Dawn to talk to sports medicine expert Dr. Jack Taunton about physiological impact of road racing on young athletes and will talk to the technical director of distance running for BCA (Thelma Wright).
- **Rationale:** The Long Term Athlete Development Model

### **9. Rules for combining races for JD's:**

- Some reports that there are some meet directors not adhering to recommended rules
- Current standard: 3 or less runners in an event to be combined with another age group/ gender separated
- BC Officials asking for some document to be put forward to use for enforcement purposes  
**Action:** Dawn to send current guidelines document to the group for review, then revise if necessary and send to website to be posted.

### **10. JD Banquet Preparations:** October 30 at the Croatian Cultural Centre

#### **Actions:**

- a) Dawn will arrange food/catering, flowers for the tables
- b) Sheila Weegar to arrange for flowers for the table
- c) Dave will organize a 50/50 draw
- d) Besnik to organize door prizes; also to ask Gary Reed and Ruky Abdulai to help present
- e) Kevin to organize power point and registration table
- f) Tom to bring projector and screen; Besnik also has projector as backup
- g) Awilda to organize photographs ???

### **12. New Business**

- Seeding for JD Championships: some frustration heard as a result of athletes not putting in seed times, resulting in unbalanced finals and timed finals; difficult to enforce
- Another issue raised was the use of seed times from the previous competitive season: need to allow that for the first meet of the year only, otherwise have to use current personal best performance for seeding  
**Action:** Dawn to put some wording for a recommendation to be sent to all clubs to remind them of the importance.

**Motion to adjourn at 12:20pm - Carried**

### **Next Meeting**

**Saturday, Oct 29, 2011**

Encore Restaurant

#27279 Fraser Highway, Langley Twp, BC

(604) 625-1178

or

Via Teleconference Line

(Access numbers will be emailed out to members)