

# Report to the BC Athletics Annual General Meeting

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## Canada Summer Games Program

### Fall Development Camp

- Originally proposed on July 16<sup>th</sup>, July 17<sup>t</sup> & July 18<sup>th</sup> 2004: postponed due to low entry participation in competition and camp. Conflict with Canadian Senior Championships and Canadian Junior Championships were cited reasons.
- Re-scheduled to weekend of October 16<sup>th</sup> at Simon Fraser University, Burnaby, B.C.
- Invitations were submitted to all athletes on the Canada Games Long List and targeted potential Juvenile/ J.D. athletes (for introduction into the provincial program).
- The camp was promoted on the BC Athletics Bulletin as being open to all athletes between the ages of 16 to 23 and their coaches.
- Team BC Staff were introduced and present to answer questions.
- Presentations from:
  - Peaking & Tapering – Maxine Morrison
  - Drug Education Information Session (a mandatory session for every athlete competing at the Games) - Linda Cannell
  - Sport Psychology – Anne Muscat
  - Supplementation, Hydration & Nutrition – Dallas Parsons
  - Strength & Conditioning Training Sessions – Derek Hansen
  - Sport Health & Fitness Evaluations (in association with SportMedBC) – Jim Miller
- Overwhelming success – 120 athletes in attendance, 32 coaches.
- Coaching roundtable discussion with over 25 coaches contributing in various topic discussions.

### Ongoing BC Team Developments

- Create criteria for funding subjected to feedback and approval of the Juvenile, Junior and Senior Committee.
- Create 2005 Canada Summer Games long list athlete data base: Top 10 athletes per event & per gender.
- Established April 2/3, 2005 as a Spring Break Canada Summer Games Camp for Relays & Power/ Speed Events. Location to be announced in February 2005.
- Online Registration coordinated with Team BC Staff. Long Listed athletes were asked to complete the online registration by January 17, 2005 as requested from Team BC staff.

## BC Athletes & Teams at Juvenile/ Junior/ Senior Levels

- Selection, identification and processing of the 2004 15 Year Old team, Juvenile Legion, Junior and Senior BC Teams, in following the criteria outlined in the 2004 BC Team selection criteria and standards publication.

## **2004 Track and Field Review**

### **BC's Olympians** (indicating their event):

- Gary Reed (800m – 18th)
- Stephanie McCann (Pole Vault - 10th)
- Emilie Mondor (5000m - 17th) \*trains in BC
- Diane Cummins (800m - 14th)
- Malindi Elmore (1500m - 32nd)
- Courtney Babcock (1500m - 26th & 5000m - 29th)

### **BC's NACAC Team members** (indicating their event & performance):

- Dan Mezheritsky (Decathlon - 4th)
- Neil Hurtubise (4x400m - DNS)
- Ryan Weber (3,000 steeplechase - 4th)
- Jeff Wallis (Shotput - 5th)
- Novelle Murray (Discus - Bronze)
- Graeme Wells (1,500 metres - Gold)
- Kristin Carpenter (3,000 steeplechase - Bronze)
- Mandy Upuu (400m - 5th)
- David Roulston (1500m - 4th)

### **BC's World Junior Team members** (indicating their event& performance):

- Mike Mason (High Jump - Gold)
- Chris Winter (3,000 steeplechase - 6th Semi)
- Meredith McGregor (3,000 steeplechase - 9th Semi\* CJR)
- Megan Huzzey (10km RaceWalk - 14th)

### **BC's new Canadian National Record Holders:**

- Senior - Gary Reed (800m - 1:44.92); Jennifer Joyce (Hammer - 68.22m).
- Junior - Meredith MacGregor (3000m steeplechase -10:54.17; 2000m steeplechase - 7:00.55).
- Youth - Rochelle Kokayko (Hammer - 56.15m), Kevin Lim (400m - 48.66), Corri-Ann Fell (400mH - 60.77)

### **BC's new BC Provincial Record Holders:**

- Masters - Mike Woodworth (Discus - 49.07m).
- Senior - Dylan Armstrong (Shotput - 19.55m), Gary Reed (800m 1:44.92); Jennifer Joyce (Hammer - 68.22m).
- Junior - Mike Mason (High Jump - 2.21m), Meredith McGregor (3000m steeplechase -10:54.17; 2000m steeplechase - 7:00.55) , Sean LaForest (6kg Hammer - 65.51m), Yvonne Mensah (100mH - 13.67), Megan Huzzey (3000m RW - 14:08.51; 10,000m RW (track) - 49:25.50; 10,000m RW (road) - 50:23).
- Juvenile - Rochelle Kokayko (Hammer - 56.15m) , Melissa Appelt (1500m Steeplechase - 5:03.71), Curtis Moss (Javelin 800g - 59.48m), Reid Gustavson (Decathlon – 6250pts).
- Midget - Sabrina Netty (Triple Jump - 12.33m, Long Jump - 5.88m) , Samantha Lotnick (1500m Steeplechase - 5:07.98), Evan Dunfee (1500m RW- 7:15.63), Shawn Swartz (High Jump - 1.96m), Nolan (Trey) Henderson (Hammer - 62.78m), Nicolle Fraser (Javelin - 41.30m).

### **New BC High School Record Holders:**

- Corri-Ann Fell (400mH - 60.77)
- Sabrina Netty (Triple Jump - 12.01m)

- Mike Mason (High Jump - 2.20m)

**'Noticeable Performers' at the BC High School Championships:**

- Sabrina Netty (Gold - 100m - 12.07, Gold - Triple Jump - 12.01m & Gold - Long Jump - 5.88m)
- Shea Emry (Gold - Triple Jump - 14.15m, Gold - 110mH - 15.29, Gold - Decathlon & Bronze - Discus - 44.83m)
- Whitney Wellington (Gold - 400m - 56.66, Gold - 200m - 25.20 & 6th - 100m - 12.51)
- Mike Mason (High Jump - 2.20m)
- Corri-Ann Fell (Gold - 400mH - 60.77 & Silver - 100m - 12.37)
- Chris Winter (Gold - 2000m Steeplechase - 5:50.86 & Silver - 3000m - 8:38.80)
- Kevin Lim (Gold - 400m - 48.66 & Silver - 200m - 22.33)
- Rochelle kokayko (Gold - Hammer - 50.99m)
- Curtis Moss (Gold - Javelin - 57.41m)
- Reid Gustavson (Silver - 400m - 49.89 & Bronze - Decathlon)

**List of new BC Summer Games Record Holders:**

- Samantha Lotnick (1500m Steeplechase - 5:07.98)
- Sabrina Netty (Long Jump - 5.47m)
- Sabrina Netty (Triple Jump - 12.33m)
- Nicole Fraser (Javelin - 40.11m)
- Laura Macauley (Shotput - 12.33m)
- Evan Dunfee (1500m Racewalk - 7:15.63)
- Shawn Swartz (High Jump - 1.96m)
- Nolan (Trey) Henderson (Hammer - 59.67m)

**BC Senior Team medals at the Canadian Senior Championships:**

- Gold - 2
- Silver - 5
- Bronze - 3
- Total medals - 10
- Top 8 Finishers - 15
- New Meet Record Holders = none
- Relays - none

**BC Junior Team medals at the Canadian Junior Championships**

- Gold - 7
- Silver - 6
- Bronze - 4
- Total medals = 17
- Top 8 Finishers - 21
- New Meet Record Holder - Meredith MacGregor (2000m Steeplechase - 7:00.55).
- Relays:
  - Junior Women's 4x100m - silver
  - Junior Women's 4x400m - silver
  - Junior Men's 4x100m - silver
  - Junior Men's 4x400m - DQ (won the race!!!)

**BC/ Yukon Command Team medals at the National Legion Championships**  
(Juvenile Team + 15 Year Old Team)

- Gold - 14
- Silver - 16
- Bronze - 13
- Total medals - 43 (3rd behind Ontario at 58 and Quebec at 44)
- Top 8 Finishers - 9
- New Meet Record Holders – Angela Shaw (800m – 2:19.04), Rochelle Kokayko (Hammer – 56.15m) & Curtis Moss (Javelin – 68.29m).
- Relays –
  - Midget Girl's Medley - 3
  - Midget Boy's 4x100m - 4
  - Juvenile Girl's 4x100m – DNF
  - Juvenile Girl's 4x400m – 2
  - Juvenile Boy's 4x100m – 4
  - Juvenile Boy's 4x400m - 2

### **Athletics Canada**

- Help create and deliver Olympic qualification competition for the national team 4x400m relay at the Harry Jerome Track Classic on July 1, 2004.
- Responsible for getting an American 4x400m Relays squad to compete against Canada. Special thanks to Derek Hansen, as he was critical in the coordination of the program.

### **Power/ Speed Event Group**

- Liaise with Athletics Canada for National 4x400m Team Olympic Qualifier at the Harry Jerome.
- Promote roundtable discussion in Kelowna at the Jack Brow Invitational, hosted by Derek Evely of the Kamloops Track and Field Club, regarding the hiring of Kamloops new throws coach, Mr. Bondarchuk.
- Topic of discussion was the creation of a provincial throws athlete / coach development model to be implemented after Mr. Bondarchuk arrives in the fall of 2004.

### **Coaches and Officials Education and Training**

- NCCP/ CBET
  - Coaching certification programs to be implemented in 2005.
  - Roundtable discussion for coaches to be conducted at the Canada Games Camp at SFU in October.
  - Athletics Canada's Technical Congress was a valuable educational opportunity.
  - **Please see the appendix for the notes on the Athletics Canada Technical Congress**
- Officials Workshops
  - Official's certification programs to be implemented in 2005.
- Other Programs:
  - Sport Development Meetings – to be announced with various coaches in the province
  - Development of the Juvenile and Junior programs – ongoing
  - Development of the BC Team at the 2005 Canada Summer Games – ongoing

### **Selection Criteria & Standards for 2005 BC provincial teams**

- Canada Summer Games Selection Criteria & Standards have been approved by the Juvenile, Junior & Senior Committee and is now posted on the BC Athletics website.
- Selection criteria & standards for the 15 year old, Juvenile, Junior and Senior BC Provincial Teams are currently being reviewed by the Juvenile, Junior &

Senior Committee for any modifications. The committee will discuss any changes and will ratify these selection criteria & standards for their next upcoming meeting on December 12<sup>th</sup>, 2004.

### **BC Athlete Assistance**

- The 2004/2005 BC Athlete Assistance Program Application has been approved by the Juvenile, Junior & Senior Committee and is now posted on the BC Athletics website.
- Submission deadline was November 12<sup>th</sup>, 2004.
- Applications are currently being processed.

### **PacifiCanada Series**

- A proposal was requested from the Chair of the PacifiCanada series to provide positive recommendations towards a competition series that meets the needs of our domestic athletes and that will be sensitive to our provincial selection criteria in 2005 and beyond.
- This proposal was put together using the framework of the existing PacifiCanada Track and Field Series and combining it with feedback from the BC Athletics Track and Field Technical Manager and various provincial and national coaches.
- Proposal was submitted to the PacifiCanada committee and meet directors for review. Final comments and recommendation to be submitted back to Peter for final review for December 6<sup>th</sup>, 2004.

### **True Gold Athletics**

- True Gold Athletics program in Courtney/Comox - BC Athletics Regional Development Program.
- TGA is the new training group on Vancouver Island for juvenile, junior & senior athletes.
- It has been designed to provide a training atmosphere, coaching guidance & collaboration, and competition opportunities that will assist athletes in achieving their goals and realizing their potential in the sport of track & field.

### **Beyond Beijing Proposal**

- The proposal is under the continued development and supervision of the Peter Ogilvie – BC Athletics Technical Manager, Track and Field; Director, Power/Speed Events.
- The intention of this proposal is to provide an exciting and innovative program for re-engineering track and field in British Columbia. This proposal includes: the core purpose, core values, vision, objectives, key strategies and programs.
- It is envisioned that this program would form the core of the Track & Field component of the next (2006-2012) BC Athletics Strategic Plan, which will be aligned with the Athletics Canada Strategic Directions.
- The vision of the Beyond Beijing proposal will be to introduce a comprehensive program structure that will increase the number of athletes within track and field and to provide enriched experiences in our sport.
- There are three themes/core values:
  - Encourage and empower a new generation of athletes to participate in the sport of track and field.
  - The Beyond Beijing proposal will allow for the creation of new opportunities within the track and field community, especially catering to those who want to experience our sport at all levels and

for those athletes whom wish to pursue national and international excellence.

- The Beyond Beijing proposal will focus on the development of a 'complete athlete' with the sport empowering individuals' personal development.
- The program will focus on SIX major initiatives. These are:

- TeamTrack BC
- Track Attack!
- TrackId Search
- The BC Relays
- Track Plus
- Urban Athletics

### **Vancouver Relays**

- BC Athletics has been in discussion with the Vancouver Olympic Club and has begun the preliminary stages of creating a proposal to V.O.C. to take over the ownership rights to the Lloyd Swindells Relays and the Fred Rowell High School Relays as new BC Athletics properties.
  - An opportunity for BC Athletics to expand it's portfolio of properties.
  - This would allow for the revival of what was once the Vancouver's most distinguished track and field competitions.
  - BC Athletics would honor the history of both the Fred Rowell and Lloyd Swindells, in keeping the tradition of the meets alive.
  - All communication from the Vancouver Olympic Club to BC Athletics has indicated an overwhelming agreement from their club to transfer these meets to BC Athletics.
  - Subject to the BC Athletics Board of Directors approval to move ahead.
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## Appendix

### **Athletics Canada Technical Congress**

Toronto, Ontario – December 2 – 3, 2004

Summary of program discussions and key points:

#### Athlete Assistance

- i. Carding categories were outlined and we were updated on latest funding levels. Cards have been increased particularly in the Development area where next year up to 18 cards will be available.
- ii. Funding has been increased from \$1100/mo to \$1500/mo for Senior Cards.
- iii. With the increase in carding, more development money and some funding available for school fees it becomes much more attractive to stay in Canada for University.
- iv. Athletics Canada is gathering information on best US School programs/coaches that live up to our ideals if an athlete still desires to go to the US for school.
- v. Carding eligibility will have a stronger weighting on international performances as well as IAAF rankings.
- vi. Stricter monitoring of training plans and measurements to ensure athlete maintains commitment and progresses to agreed goals.
- vii. There will be a 2-year window to accumulate performances for carding applications.

Athletics Canada Strategic Plan update

Strategic plan has AC again focusing primarily in the area of Elite level performance with particular emphasis on the Hurdles, Sprints, Relays and Middle Distance events as a result of our traditional successes. Some key areas of interest include;

- i. The 'Rising Star' initiative. Realizing that we need to improve in the area of identification and retention of talented younger athletes, AC has put a priority on this new initiative.
- ii. A selection committee will be formed to identify these athletes.

#### National Team Programs and Events Calendar

- i. All major competitions for 2005 were identified with dates and locations. In addition training camps for both able-bodied and Paralympic athletes were advised. Opportunities for overseas competition in Europe were identified for Senior, Under-23 and Junior Programs. All coaches were advised to discuss these events with athletes who have potential.
- ii. Canada will be taking 22 – 40 athletes to the World Youth Championships in Morocco in July. This will depend on how many qualify by achieving standards. Selection will be based on achieving standard. Partially self-funded and will vary depending on team size.
- iii. Qualification for the Pan-Am Juniors in Windsor at the end of July will be based on first 2 across the line at the Canadian Juniors 3 weeks earlier. Again this will be partially funded.
- iv. Canadian Senior Championships will be in Winnipeg on July 15-17 and selection for Worlds in Finland and will have implications for team selection to the 2006 Commonwealth Games in Melbourne, Australia.
- v. Athletics Canada will seek out opportunities for U-23 and Junior athletes when timing is appropriate over the next few years.

#### Program Objectives and Selection:

- i. Development Programs (Bruce Pirnie)
  - Review of current situation and results of 2004. Many successes were identified
  - Upcoming 2005 opportunities include World Youth, Pan-Am Juniors, Legion Juveniles and Canada Games
  - Development will be more focused on growth with Bruce now officially designated to spearhead this important area.
  - Future possible changes to existing programs include opening up the Legion meet to a truly National Juvenile Championship with unrestricted entry; More joint Espoir and Junior partnering in competitions; Revive competition opportunities in the west for Espoir/Junior athletes.
- ii. Senior Teams (Alex Gardiner)
  - Review of Olympic performance and focus on what to do next.
  - Priority to improve considerably at Beijing
  - More funding will be required
  - Outline of 2005 fixtures.

#### Canadian Athletics Coaching Centre

- i. Kevin Tyler brought us up to date on this new initiative in Edmonton. Springing up from a \$10 million legacy from the 2001 World Athletics Championships, this centre is to become the focal point of Coaching development in Canada.
- ii. The 3 areas of focus to begin with will be coaching education, Run/Jump/Throw program and sport science.

#### Run/Jump/ Throw Program

- i. This program is to become a priority for Athletics Canada as an attempt to revive interest in our sport and identify talented athletes. Kids targeted will be grass roots 7 – 11 year olds.
- ii. AC Will help fund training of Facilitators in each province.
- iii. Saskatchewan is already moving ahead. An example of initial success was the participation at indoor meets with 4000 athletes participating with emphasis on relays.
- iv. Currently a great opportunity to exploit the health issues in our country – target youth obesity.
- v. The program makes a great connection to the community (health agencies, aboriginals, partnerships with schools and other sports, expanding into community associations.) This will be a great product for sponsorship.

#### Coaching Education (NCCP/CBET)

- i. Transition to CBET is underway with many courses implemented to qualify trainers (Learning facilitators) and Master Learning Facilitators (MLF).
- ii. AC will help fund certifying of MLF (1 – province) and provinces will help in certifying LFs.