

2004 AC Technical Congress

Throws Coaching Working Group

Saturday December 4th

In attendance:

Ron Bunting, Richard Collier, Jean-Paul Baert, Tony Dickson, Georgette Reed, Denise Hebert, Larry Steinke, Bill Heikkila, Lori LaRowe, Ron Parker, Don Steen, Kevin Knight, Jane Davis, Bruce Pirnie

Carding

- 49 cards in total for this year
- list goes to Sport Canada for approval next week
- 20 developmental are proposed - \$900 for this year- can have these for more than 2 years
- developmental cards not for athletes based in the US
- Bruce commented on things discussed last night with AC -discussion about “repeatability” was well received
- start of “quadrennial” – could change as we progress through the cycle but time to make change is now
- Jean-Paul – make aware that there is a difference for the “long-term” development of specific events – some events take longer to develop
- there are a number of new considerations built into the system-we are making progress

Sport Science Involvement in Training Camps

- 1) Opportunity for involvement in Lethbridge and other meets. The Canadian Athletics Coaching Centre should be approached by the Alberta based coaches and request a biomechanical team be assembled for the throws Gala and indoor opportunities in Edmonton.
- 2) We have to make sure that carded athletes are involved before Athletics Canada can make any funding available from the Sport Science allocation

Structure?

JP brought up the question of organizational structure

- Question ? How can 1 person be in charge of all Power/Speed and be effective?
- note: Our model is not “normal” in comparison to what happens in the rest of the world

Event Leader – Roles and Responsibilities

- Generally the concept of “Event Leaders” is not working – the Jumps in particular
- There is no “throws” budget – all in the speed/power umbrella
- We don’t, as a group, have “bargaining” power
- Need a position (paid) with a specific job description
- Richard – need to have leaders for each event – need to set this up NOW if we are to do this – we need a framework – what does this mean?
 - monitoring of identified talent (what is their situation)
 - example – make sure that they have applied for carding
 - need to be a resource and need \$\$ for event co-ordination (seed money)

The following resolution was initiated by the working group in response to this urgent need!

4 Event Leaders named by the Working Group

- Shot -Georgette Reed
- Discus - Jean Paul Baert
- Hammer – Larry Steinke
- Javelin – Bill Heikkila

- Paralympics – to be confirmed after the weekend

-short term emphasis – competitive opportunities, training camps

*coordinators will compile information by the end of January with contact list (athletes/coaches) and give info to Bruce

-Bruce – need opportunities for men and women – somewhere, may not be every meet

CSG year – may be more \$\$\$ available for provinces to send

Coaches are asked to e-mail the Event Leaders names and e-mail for coaches and athletes –any relevant information

-the specifics of which athletes fall into this category will be determined and sent to us – the criteria will be established and sent to coaches

Bruce- we must take control of our business

We are the sanctioned 2004 AC Technical Congress Throws Coaching Working Group

-Jean-Paul recommended that when the Leaders contact the coaches and athletes they should include a resume so that the athlete will know who they are. A digital image could also be included and would be helpful. It would also be nice to have a business card and official title.

Terms of Reference for Event Leaders

- 1) Communication and networking

Establish and maintain a database(e-mail, address, telephone, fax, etc) of coaches across the country working with athletes in a given event

To Do

Bill will coordinate the effort to determine who we want to include on the list and what information we want. He will create a form/template that can be filled out.

- 2) Solicit specific information from each coach in the database
- 3) Establish direct contact with top athletes and their coaches in event
- 4) Provide support as possible for top athletes and their coaches as well as for coaches as well as for coaches of developing athletes
- 5) Communicate info with Event Group Leader to enable Bruce to keep AC informed on group progress
- 6) Ideally the Event Leader will establish contacts across the country who will help with regional representation to ensure that all Regions are involved in a coordinated effort (Atlantic, Ontario/ Quebec, West)

Domestic and International Competitions

Royal Canadian Legion – we have made great progress-especially with progression of implement weights. Further discussion with the RCL re / opening the Hammer to younger athletes is next initiative.

PacifiCanada Track and Field Series, June 10th to June 16th in BC

- 4 meets will probably feature men's shot, Women's Hammer and Men's Javelin
- Possibility of training camps / coaching education opportunities ?
- Events to be finalized in December!

Canada Summer Games– important piece of the puzzle for Espoir, age group.

Bruce would like to see a Western Espoir Championships that mirrors the one that occurs in the East

World Youth, July 7 to 17th in Marakesh

– standards are out – we *should* have a staff person for throws if number of throwers qualify to justify.

Marakesh is a good place to go – Hot but conditions are better than Madagascar!

Declarations: should be done by athletes and they should be done early in Spring

Info should be finalized soon and posted to the website

Pan-Am Juniors: July full team – top 2 “across the line” (17,18 and 19 year olds)

2006 – What can we do for 2006? Additional opportunities for Juniors (tough standards for Beijing, World Junior Champs)

2006 – NACAC

-would be great to take a group to Europe as has been done in the past and is still happening with some groups

2005 National Team Coaching Applications

- applications are due by Dec 10
- RC Legion applications are also due
- Blair Dugray is the Camp Director

Master Coaches and CBET

-need to deal with this. We're just about at the stage where coaches will be needed to write / edit the new curriculum

-opportunities for apprentice coaching experience and for experienced coaches to work with / be paired with young coaches

Bruce will definitely be working around Pan-Am Juniors to create/facilitate these opportunities. 4 self funded positions will be available.

-need to identify Master Coaches and to utilize them

Other.....

Jean-Paul – we need co-ordination of throws fixtures list – database –calendar of events for throws

We need an easier way to know what is available – dates and events

Event Leaders? Website?

ACTION - Kevin Bean has indicated that we can have a link on the website similar to the Distance Group

2004 AC Technical Congress Throws Coaching Working Group

Friday, December 3rd:

In attendance:

Marek Glowacki, Don Steen, Larry Steinke, Derek Everly, George Fornier, Georgette Reed, Denise Hebert, Lorri LaRowe, Kevin Knight, Jane Davis, Richard Collier, Ron Parker, Ron Bunting, Bill Heikkila, Bruce Pirnie

Unable to attend:

Ming Pu Wu, John Allan, Jesus Ulloa Lopez, Earl Church, Peter and Kristen Dajia

Notes from Bruce Pirnie:

The first night of the Throws Coaching Working Group was one of discussion, venting of frustrations and agreement. A list of topics had been generated from the responses to my e – mails several additions were made and discussed. Unfortunately I ‘ve managed to misplaced my original agenda but I was assured by co-chair Ron Bunting that we had covered all the items over the two days. Fortunately I had the sense to ask Denise to bring her computer on Saturday and we have a record of the majority of resolutions and issues.

Aside from agreeing on the agenda and preliminary discussions on the overall state of the union, the Friday night session focused on several topics:

Implement Weights

Marek Glowacki from Athletics Alberta has compiled the information on the weights of the throwing implement used across the country and has found that there is still a lack of conformity in the younger age – classes. While the RCL has adopted the 3k weight for the 14 and 15 year old girls, some provinces are still using the 4k and the various school associations are all over the map.

ACTION – Marek to send me the results of his survey and I will distribute to our coaches for additions / corrections etc. Any updates should be sent to Marek at Athletics Alberta so that we can continue this research.

Several years ago, Larry Steinke researched this issue extensively and made a proposal to Athletics Alberta that resulted in the lowering of the Juvenile / U 18 Women’s weight to 3 k as well. As many of us use this lighter implement for teaching and training, this sparked a lot of discussion.

ACTION – Larry has agreed to provide us with this presentation and will forward it to me for distribution. This issue will be reconsidered at next years technical congress.

Carding and Standards:

Much of the evening was filled with discussion around the issues of carding and the frustrations caused by a lack of national team opportunities. Derek Everly voiced the frustration of many of the coaches over the difficulty of making a national team caused by the unrealistic selection standards. This in turn compounded the carding selection because the 2003/04 system gave a lot of points to international performances at national team events. So, the throws were at a real disadvantage, not only because of the high standards and repeatability requirements but because of the carding formula. Needless to

say, the difficulties last season over repeatability and the high standards was magnified by the COC requirements re / caliber of meets, ranking of A,B and C Meets etc.

Note: The concern wasn't so much about a high standard but the difficulty in getting them in an acceptable meet - compounded by the repeatability factor. The example of Jennifer Joyce was foremost in everyone's mind.

This led to very passionate discussion and it is very clear that the frustrations and feelings of lack of respect for our events was shared by the coaches in the room. There was a heated discussion regarding the declaration by Athletics Canada that sprints and middle distance had been targeted as the event areas for medal potential and that the throws and others event groups would have to prove ourselves before receiving targeted funding.

ACTION – I was to bring our concerns to the National Team Committee regarding the repeatability issues. I did so at the carding meeting that night and was assured that this was definitely going to be dealt with ASAP. Our suggestion of possibly one A standard and perhaps a second B was well received.

The carding formula has been modified to give a strong emphasis on training environment and international ranking as well as the performance average of the best three results. Based upon this new formula, a number of athletes have been nominated and we are awaiting the results of our application to Sports Canada this week.

Richard Collier indicated that there would be a BC Throws competition on April 30th. Other fixtures were mentioned and the next day, Jean-Paul Baert requested that all fixtures be sent to me for distribution by early January.

ACTION

I will follow this up with a reminder to everyone after the Holidays.

ACTION

That a E-Mail Directory be established and that the addresses of all the coaches be distributed:

Here are those in attendance. In no particular order:

Georgette Reed	georgette.reed@ualberta.ca
Tony Dickson	tdickson@fastmail.fm
Denise Hebert	denheb13@aol.com
Ron Bunting	rbunting@sd35.bc.ca
Richard Collier	rcollier@lynx.bc.ca
Larry Steinke	steinke@uleth.ca
Bill Heikkila	wheikkila@rogers.com
Lorri LaRowe	lorri_larowe@hotmail.com
Jean-Paul Baert	jpbaert@athletisme.qc.ca
Ron Parker	ronsparker@shaw.ca
Don Steen	tracksteen@telus.net
Kevin Knight	pissedoff54@yahoo.com.sg
Jane Davis	hdj@becon.com
Derek Everly	eveltrak@shaw.ca
Marek Glowacki	marek.glowacki@shaw.ca
Bruce Pirnie	wbp3@shaw.ca

Other coaches who responded but were unable to attend:

Ming Pu Wu	<u>wu _ mingpu@yahoo.com</u>
Jesus Ulloa Lopez	<u>jesusulloa@hotmail.com</u>
Earl Church	<u>echurch@becon.org</u>
Peter & Kris Dajia	<u>dajia@sympatico.com</u>
John Allan	<u>allan4115@rogers.com</u>