

FRASER VALLEY REGIONAL ATHLETICS CENTRE REPORT FOR THE 2006 YEAR ANNUAL GENERAL MEETING OF BC ATHLETICS, JAN 2007

The 2006 year has been busy and productive for the Fraser Valley Regional Athletics Centre. During the year, this Centre has conducted clinics, held camps, arranged competitions and conducted high level coaching for athletes throughout the Fraser Valley area.

Ron Bunting, following the assumption of the position Technical Manager Track & Field and Director Power & Speed at BC Athletics, left the Fraser Valley Regional Center near the end of the year. Harold Willers, who previously worked with the FVRC and the Valley Royals, will be returning in the New Year to the Throws Coach position in the Fraser Valley Regional Center. Kim Chapdelaine will be relocating to Alberta in the spring, and applications are being sought for the position of Speed/Power Coach with the Fraser Valley Regional Center and the Valley Royals.

A summary of projects that were completed by the centre include the following:

1. Coaching was provided in the power/speed events, the throws and the middle distance runs.
2. Throws coach, Ron Bunting, conducted sessions at SFU, Rotary Stadium and Rick Hansen HS in Abbotsford. Throwers from a number of communities and clubs attended Ron's throwing sessions.
 1. Weight training sessions held twice a week in the offseason with individual training programs developed for each athlete
 2. Throwing sessions two/three times a week during the preseason/season at various locations throughout the Fraser Valley – the lack of any indoor throwing facilities creates significant scheduling and travel issues
 3. High school coaches clinic held in June, Throws workshop held in Langley as well as assistance of coaches and athletes in the combined events in the throws.
 4. Good results in meets and championships throughout the season by athletes taking advantage of the resources of the Center
3. Power/Speed Kim Chapdelaine provided a seamless transition as she became a part of the FVRC and has brought along a wealth of contacts in the Fraser Valley School system that will be invaluable in recruiting athletes and creating connections in the school system.
 1. Acted as an advocate for the sport as a part of the Abbotsford Sports Council and a part of the Plan A Advocacy group in Abbotsford
 2. Visited all middle and high schools in Abbotsford area to promote the resources available through the center
 3. Two day coaching clinic in the Power/Speed events held for middle school and high school coaches in April – all participants received a technical booklet on the events
 4. Open sessions held at Rotary Stadium through April to June for coaches and high school athletes
 5. Worked with Langley Mustangs to develop plans for a club coaching system, an administrative structure for midget and juvenile component, and will be holding technical sessions for coaches in April of this year
4. Middle Distance Coach Brit Townsend held middle distance workouts in the Coquitlam/Burnaby area. She also organized and hosted several competitions for elementary schools in the area, including cross country in the fall and track & field in the spring.
 1. Kilometer Club at local elementary school – 40 to 50 participants throughout the year

2. Assisted with coaching and leading athletes at local elementary school in Athletics and will continue in the coming year as well as adding local middle school
 3. Three 1 week Athletics Camps held at SFU throughout the summer
 4. Two 1 week multisport camps held at SFU with a strong Athletics component throughout the summer
 5. High performance XC training camp held at Whistler
 6. Training sessions held throughout the year – 4 times a week in the season and arrangements made for high quality strength training instruction in the off season as well as during the season
 7. High school and open meet at SFU in April
 8. SFU/UBC dual meet open to all competitors
 9. Provided opportunities for competition in indoor meets in Seattle for interested athletes
5. NCCP Level 2/3 Athletics Technical Course: 12 coaches from throughout BC participated in November.
 6. The Centre made available the opportunity for athletes throughout the Fraser Valley to take part in high-level secondary school competitions in such places as Washington, Oregon and California.
 7. In cooperation with the Valley Royals Track Club, the centre hosted an invitational meet at the beginning of May, the Abbotsford International Track Classic in June and the BC Juvenile and Senior Championships in July.
 8. In addition, in cooperation with the Valley Royals Track Club, the Centre organized the Lafarge Elementary Schools Cross Country Grand Prix. This series of meets that involved youngsters from grade 4 to 8 involved 1,100 entrants on each of four consecutive Wednesdays.
 9. The expertise of the Center was also utilized in support of the bid for the 2007 and 2008 Canadian Junior Championships in Abbotsford, which was successful.

As always, the Centre has been well served by the expertise of its coaches:

Ron Bunting, Throws

Kim Chapdelaine, Power & Speed

Brit Townsend, Middle Distances

The Centre would like to serve clubs within the Fraser Valley. Those clubs that have athletes who would benefit from the coaching expertise of any of the centre coaches are welcome to take advantage of the opportunity.

Membership in the Centre for an individual athlete would cost \$100 per annum. For that sum an athlete will be provided with coaching at the venues the coaches conduct practices. The personal coaches of these athletes are encouraged to attend practices with their athletes. The athletes would remain members of their respective clubs, but, of course, either the athlete or his/her club would assume all expenses of entering and traveling to meets. For more information please contact any of the following.

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