

PacificSport National Athletics Training Centre Report on 2006:

The 2006 season was very eventful for the PacificSport National Athletic Training Centre with several highlights throughout the year. Led by Dianne Cummins, Gary Reed, and Achraf Tadili the NATC would see great results throughout the year. Several athletes would have break through performances and results proving that the NATC is leading the way for middle distance performance and training innovation.

Early in the year the NATC received recognition for its strong performances in 2005. At the BC Athletic AGM in Richmond Wynn Gmitroski received the high performance coaching award, while Gary Reed received the senior male athlete of the year. At the PacificSport Gala in Victoria Wynn Gmitroski was named coach of the year and Gary Reed was named male athlete of the year.

In March athletes Cummins, Reed, Tadili, and Aimee Teteris along with NATC head coach Wynn Gmitroski traveled to Melbourne for the 2006 Commonwealth Games. The highlight of the meet would be Tadili capturing the Silver medal in the men's 800m. Cummins also put in a strong performance placing 5th in the women's 800m with a time of 1:59.31. Aimee Teteris performed well at her first major multi-sport games, Teteris advanced to the second round and put in a brave performance trying to make the final.

Following the Commonwealth Games athletes returned to Victoria for a light rest before heading to their respective training camps. Wynn Gmitroski took several athletes to Flagstaff, Arizona for an altitude camp where the athletes had great training. Centre director Brent Fougner took a group of athletes to Hawaii for a training camp in milder conditions. Athletes from both camps returned to Victoria for some fine tuning before beginning their outdoors campaigns.

The NATC new development group would have a strong season under the guidance of Rob Connors. Geoff Martinson consistently ran 1:50 throughout the year on his way to capturing a bronze medal at the NACAC U-23 Championships in Santo Domingo, Dominican Republic. Daniel Mallie had a strong season in both the 800m and 1500m and was able to capture both the BC Junior and Canadian Junior titles in the 1500m. Rob Connors was hired in partnership with the University of Victoria with financial assistance of the Coaches Association of Canada young coaches grant.

The summer highlights for the Gold level athletes would come often and come fast. Achraf Tadili raced well in front of BC crowds winning the 800m at both the Harry Jerome and the Victoria International. Diane Cummins managed the same feat and ran her fastest time of the summer in Victoria with a time of 1:59.73. Aimee Teteris would perform well in the series as well and would race to a new personal best time of 2:00.21 in Victoria. Cummins and Tadili would both go on to capture the National Championships 800m in Ottawa. Trevor O'Brien had another strong season as well running consistently, ending with a season best of 3:42.05.

Gary Reed would once again lead the Centre in the summer breaking and re-breaking the Canadian Record, Reed would race to 1:43.93 at the Rieti Grand Prix. Reed would place high-up at a number of major events in Europe, the highlight would be a fourth place finish at the World Cup in Athens where Reed represented the Americas.

The NATC continued to have a heavy involvement in the community helping with the sport's grassroots and expanding the profile of the sport within the community. The TC 10k was another success this season and for the first time in the history of the race the event had over 10 000 entries. The 2006 edition of the Victoria International Track Classic was another strong meet that provided competition opportunities for a large number of athletes and a sporting event for a large crowd of fans. The NATC received a HRSDC grant to hire a student, this student was responsible in helping put on local high school meets, organization of the annual Run with the Stars, and organizing track camps throughout the spring and summer.

The NATC continues to expand into 2007 as David Gill a 2006 Commonwealth Games Team member in the 800m joins the NATC as he moves towards racing the 1500m. Darren Mazzei the 2006 Canadian Junior Champion in the 800m joins the development group along with Sarah Proctor a BC Junior standout.