

## **BC Athletics 2008-9 Annual General Meeting Victoria Centre Annual Report**

The Victoria Centre posted another very successful year in 2008, with great results, including the 2008 Beijing Olympics. Breakdown of activities as follows:

**Victoria International Track Classic (VITC):** 2008 proved to be a well attended year for the VITC, fueled by Olympians competing for standard and / or prize money. Athlete attendance was up, competition quality was enhanced and quality of the event was again increased, although a deficit was incurred. The initial paperwork for the VITC 2009 event has been submitted and it is anticipated that 2009 will be a very successful year, although working with fewer resources due to last years deficit..

**Times Colonist 10km:** With attendance of over 11.000 runners for the 2008 Times Colonist 10km was a success. After the 2008 TC 10km race, it was determined that the work-load of the event requires an effective general manager who can dedicate the time and quality to ensuring a top-notch event. Jacqui Sanderson has been hired as the TC 10km General Manager, and has been effectively marketing the event, as well as structuring and organizing a strong base for the 2009 TC 10km race.

**Partnership with University of Victoria:** The Victoria Centre has established and continues to maintain a very successful integrated relationship with the University. The integrated relationship allows for access to facilities, quality medical and physiotherapy, and valuable coaching relationships. Current UVIC coaches, also centre coaches, continue to enhance the UVIC program with their level of expertise that they bring to the University. This relationship has been positive for both the Centre and the University.

**2008 – 2009 Centre Staff:** Victoria Centre is fortunate to have a strong staff for 2008 – 2009. They are:

- Coaching / Centre Staff
  - Wynn Gmitroski, Head Coach
  - Brent Fougner, Director, HP Coach
  - Keith Butler, HP Development Coach
  - Ingrid Ruys, Administrator, HP Coach
  - Sean Baynton, HP Coach
- IST
  - Dr. Peter Bennett – Naturopath
  - Michael Coey – Physio
  - Wynn Gmitroski – Physio
  - Garfield Crooks – massage
  - Dr. Wally Craver – sport psychology
  - Bob Johnson / Sheldon Gmitroski - orthotics

Of the staff, Victoria Centre had five (5) attend the 2008 Beijing Olympics, which is a credit to the quality of the Centre Staff.

Apprentice Coaches: NCI candidate Sean Baynton, who has been working with Brent Fougner, achieved his Level 4 Coaching Certification in 2008. Pat Kelly and Keith Butler are working with Wynn and Brent to attain Level 4/5 Coaching Certification. The centre continues to provide quality coaching leadership.

**Athletes and Results:** Successful athletes have come from the Victoria training centres for years, and 2008 was no exception. The highlight was Gary Reed in the Beijing Olympics with a 4<sup>th</sup> place finish in a strong, competitive field. Gary is the top Canadian 800m runner, who also placed 1<sup>st</sup> at Nationals, and ran a National Record (1:43.68) in Monaco.

Name	Event	Performance	Time	Comments
Gary Reed	800m	4 <sup>th</sup> , Olympics 1 <sup>st</sup> Nationals	1:43.68s	NR; PB (Monaco)
Geoff Martinson	1500m	6 <sup>th</sup> at Nationals	3:39.20	PB at Jerome
Brian Roppelt	800m	8 <sup>th</sup> at Nationals	1:48.96	PB at Jerome
Ryan McKenzie	5000m	1 <sup>st</sup> at Nationals	13:39.50	
Ashley Hinthier	1500m	5 <sup>th</sup> at Nationals	4:16.09	
Achraf Tadili	800m	2 <sup>nd</sup> at Nationals Olympics	1:45.29	Olympics – first round
Diane Cummins	800m	2 <sup>nd</sup> at Nationals	2:01.70	Non-resident
<b>Developmental Athletes:</b>				
Danielle Mallie	1500m		3:45.01	
Darren Mazzei	800m		1:51.80	
Cliff Childs	XC	BC Jr XC		
Justine Johnson	XC	5 <sup>th</sup> XC Nationals; BC Juvenile XC	4:34.20	
Dillon Hiaght	XC	1 <sup>st</sup> BC HS XC Youth XC Champ		
Laurel Draper	XC	2 <sup>nd</sup> BC Juv XC		
Peter Corrigan	1500m		3:49.82	New athlete

				to centre
Marilyn Arsenault	XC	BC XC Seniors 5 <sup>th</sup> , National XC		CIS XC 5 <sup>th</sup> .
Claire Jean	XC			injured

**Training Camps:** With the confirmation of a permanent training site in Scottsdale (Phoenix), the centre has been working towards coordinating upcoming training camps, after a successful 2008 Winter training camp. The April / May Flagstaff camp will be in conjunction with the Phoenix Camp.

**Sports science projects etc.:** The centre held projects as recently as Dec 5 / 6th Seminars in Victoria with Dr Peter Bennett, Kevin Tyler, Derek Evely & Wynn Gmitroski speakers and facilitated by Brent Fougner. This is an ongoing mentoring project with Jack Daniels. As well as monthly coaching staff round tables, during the third and fourth quarter of 2008, and will continue in 2009.

**National Athletics Centre Elite Running Program:** The NAC Elite Running Program was established in the fall of 2008. The National Athletics Centre Elite Running Program is based on a vision of providing an ideal environment and a professional standard of planning, training and evaluating in a team environment allowing athletes to achieve their potential as a high caliber athletic competitor. The group presently consists of thirteen grade 11 and 12 athletes representing four Island BCA clubs. Athletes train with the University of Victoria varsity athletes and the NAC athletes. Vikes assistant cross country and track coach Keith Butler heads the program. Butler works closely with NAC coaches Wynn Gmitroski and Brent Fougner to formulate the athletes' training plans. Athletes pay a monthly training fee to the NAC which pays for the cost of coaching and travel assistance to major competitions. Athletes are expected to represent their BCA club in competitions. Athletes include BC High School cross country champion and national junior team member Justine Johnson, BC High School cross country champion Dylan Haight and BC High School cross country silver medalist Laurel Draper.

Respectfully submitted,

Victoria Centre staff.