

Fraser Valley Regional Athletics Centre Report for the 2008 Year

The 2008 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.

For the 2008 year, the Center was comprised of Ziggy Szelagowicz as Speed/Power Coach, Harold Willers as Throws Coach and Brit Townsend as Middle Distance Coach.

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 events.
2. Throws Coach Harold Willers conducted training sessions in Abbotsford throughout the year.
 - a. Weight training sessions held twice a week in the offseason with individual training programs developed for each athlete
 - b. 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
 - c. Good results in meets and championships throughout the season by athletes taking advantage of the resources of the Center
 - d. Assisted, in coordination with the Center and the Valley Royals, in the continued development of a throws training area in Clearbrook Park that is not in conflict with any athletic fields or areas.
3. Power/Speed Ziggy Szelagowicz returned to his former role as Power/Speed Coach with the Center in 2007 and continued in 2008. Ziggy has an incredible level of technical knowledge in his discipline, and a very good eye for talent
 - a. Visited all middle and high schools in Abbotsford area to promote the resources available through the center
 - b. High Jump Clinic for coaches July 15
 - c. Spring Hurdles Clinic for coaches July 30
 - d. Training sessions held 3 times a week in the off-season at Swan Track and at Hansen Secondary (weight training)
 - e. Training sessions held 6 times a week at Swan Track during the season
 - f. Open sessions held at Rotary Stadium through April to June for coaches and high school athletes
 - g. Continued developing the indoor training space at the AgRec Building in Abbotsford, expanding the existing pole vault training space and adding space for high jump training.
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.

- a. Assisted with coaching and leading athletes at local middle school and will continue in the coming year – mentored coach at the middle school in the process
 - b. Four 1 week Athletics Camps held at SFU throughout the summer
 - c. High performance XC training camp held at Whistler
 - d. 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
 - e. High school and open meet at SFU in April
 - f. SFU/UBC dual meet open to all competitors
 - g. Co-host Pinetree XC meet in fall
 - h. Travelled to NAIA Championships in support of several elite athletes
 - i. Provided opportunities for competition in indoor meets in Seattle for interested athletes
5. 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.
 6. 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 Canadian Junior Track & Field Championships in July.
 7. 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.
 8. The expertise of the Center was invaluable in the organization and execution of the 2008 Canadian Junior Track & Field Championships in Abbotsford in July.

As always, the Centre has been well served by the expertise of its coaches:
 Harold Willers, Throws
 Ziggy Szelagowicz, 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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