

### Pacific Sport- Interior

Kamloops and the surrounding area had a busy year in athletics in 2008 with the naming of 2 KTFC members going to the Olympics at the top. Sultana Frizell and Dylan Armstrong made the Olympic Team with both going in with a Canadian Record in hammer and shot put respectively. Hammer thrower Jennifer Joyce missed the second qualifying standard but had great performances this year under the lead of Dr Anatoliy Bondarchuk. At the Olympic Games Dylan Armstrong was able to obtain another Canadian Record and a personal best of 21.04 missing the bronze medal by a centimeter.

Pacific Sport Interior Manager Carolynn Boomer and program Coordinator Suhk Heer organized a rally for these athletes making the Olympic Team with the Mayor Terry Lake, local MLA Kevin Kruger and Federal MP Betty Hinton in attendance and approximately 300 people seeing them off to Beijing at Tournament Capital Centre.

Interior Centre Coach, Jarett McLean did 3 clinics working with 10-15 students at each clinic during the school term as well as attended 3 high schools with 2 HP athletes to promote athletics and do the athletic testing. Jarett held a coaching clinic in April and one junior development coaching clinic at the Tournament Capital Center or our club JD coaches in November.

February saw us host our second indoor competition with athletes coming as far away as Frog Lake Alberta and we had numerous athletes competing as well. This year we look forward to it again as the officials get prepared as well for World Indoor Masters in 2010.

In March, Jarett attended the Coaching Symposium in Regina Saskatchewan and the month brought us the first annual Relay Fest with over 800 elementary schools participating in the event. It was an overwhelming success and next year will limit one team per gender per class. The positive results and teacher comments were overwhelming.

The month of March the club members and coaches all helped with the annual manure sale fundraiser and because of the cost of gas and trucking, this year for the first time in 10 years the expense was very high but a profit was still gained.

May brought the Centennial meet, the high school twilight meets and the zone meet as well as the 4 zone elementary school meets and the district meets giving the club an opportunity to recruit younger athletes.

June and July brought many competitions and success for our club members, 2 Canadian Records, and Jarett McLean also took on the commissioner position for the High Schools this year and Zone 2 representative for the BC Summer Games as well as team coach in which our athletes did outstanding in their events with a total of 4 medals from Kamloops by Renee Hall (Silver, Triple Jump), Evan Hall, (Silver Steeple Chase), Spencer Allan (Gold, Pole vault, Silver Long Jump) and Zach Norman (Bronze, Pole vault), Canadian Nationals brought 4 medals, Dylan Armstrong (Gold in Shot Put) Sultana Frizell (gold in Hammer), Jennifer Joyce (silver in hammer), Deanna Zelinka (bronze in javelin) all coached by Dr. Anatoliy Bondarchuk, Vincent Schnabl - 17 & Under Octathlon - Silver - 5438 pts. brought home the silver medal at the National Legion Meet in Sherbrooke Quebec in August.

In July we hosted the BC Athletics Championships Jamboree (midget15 to Senior) Track and Field Combined Event and with the coaches input from the BC Athletics SR/JR/Juv/ track and field committee we think it was a very good event.

September and October saw some great results with middle distance coach Bruno Mazzotta in Cross Country as competitions were attended on the lower mainland.

The Power of Sport Tour came to Kamloops Nov 17-21<sup>st</sup> and Jarett was a track and field instructor for the tour which offered free Run Jump Throw clinics at local schools with the high performance throws athletes in attendance as well.

A level 1 coaching clinic with BC Athletics Course Conductor Instructor Ron Bunting was held on December 13/14 at TCC, the Run Jump Throw Workshop was held Nov 15-16 with Thelma Wright as an instructor. With the departure of Pole Vault coach Scott Saunders to the Athletic Coaching Center in Edmonton, we asked former Decathlon and Kamloops Head Coach Derek Evely to come and do coaching clinic with centre athlete sin pole-vault which 12 athletes attended.

Kamloops will host some major competitions soon, with Canadian Masters Championships July 17-19, 2009, World Indoor Masters in Athletics March 1-6, 2010 and Western Canada Games in July, 2011 and we here in Kamloops and surrounding areas are progressively marketing/recruiting developing officials so we have a legacy to leave for the future of our sport, as the population of our officials is aging. We have held 2 clinics in Kamloops this year and are hosting another one Feb 20, 2009 with Instructors Alwilda Van Ryswyk and Bob Cowden at TCC. In February of this past year we held our annual spaghetti dinner with BC Athletics Officials Chair John (Carol Cull) in attendance. It is our goal to recruit 20 new officials within the next year going forward to 2011.

The future of our sport here in the interior looks good as we continue to work with Dr Bondarchuk, Jarett McLean, Mike Kern, Jennifer Campbell and Bruno Mazzotta. Recruiting coaches is always an issue and we will continue to try and get more as membership increases though the Physical Education Department at TRU. We have Tanya and Norm Little taking on our masters program promoting healthy lifestyles and to prepare them for competition in Canadians Masters in July and the Worlds in 2010. The City of Kamloops is committed to promoting our sport and healthy lifestyles and our hp athletes are working and training in the Tournament Capital Centers facilities. Dr Bondarchuk and the hp athletes continue to work and train twice a day every day in this centre which brings a focus to our sport. City has hosted Health and Wellness trade shows this year of which we have been part off. We will continue to aggressively recruit athletes to increase our membership especially at the JD level.

Thank-you to the City of Kamloops Management and Staff, Pacific Sport Manager Carolynn Boomer and program coordinator Suhk Heer for all the support for our coaches and athletes during the year to continue to make the Interior Centre successful.

Respectfully submitted,

Judy Armstrong