

Pacific Sport Interior Regional Centre – 2009 Report

2009 was once again a busy year for the interior regional centre. Time was spent hosting meets, attending meets, recruiting athletes, holding camps and developing athletes and coaches.

1. Meets

Hosted

- The Kamloops Indoor Championships was held in February. We had over 250 entrants which was a huge success and we anticipate more for 2010 which will be held on Feb. 19-21.
- The Elementary School Relay fest was held in March. With the support of the local Lions club we once again had schools from the entire school district participate.
- Our Centennial meet was held on May 8-10th. A good early event for athletes in the interior. Our meet has moved to the May long weekend (22-23rd) for 2010.
- The Canadian Masters Championships were held in July in Kamloops. We had just under 250 athletes participate as we prepared to host the World Indoor Masters Championship in 2010.
- Jarett was the West Zone representative for high school cross-country and track & field in 2009. He organized two twilight meets as well as the junior Okanagan championships.
- The track club aided in hosting the "Run, Jump, Throw" and "So You Think You're Fast" elementary school meets. We also helped with 4 zone meets and the district championships. Over 3000 athletes participated in these meets.

Attended

Our athletes had the opportunity to compete in meets throughout BC. We also sent our older athletes to attend quality meets in Washington and Alberta. Our high performance athletes attended meets throughout the US, and Sultana Frizell and Dylan Armstrong were regulars on the IAAF Grand Prix Circuit this year.

2. Clinics

Jarett McLean headed up the following clinics:

- Elementary School Clinics were offered to all schools within the Interior. We provided coaches, equipment and event training to each participating school, which were held as far away as Clearwater.
- A Relay Clinic was hosted at the Tournament Capital Centre for elementary school relay teachers in preparation of the local Elementary School Relay Fest Meet.
- A number of Pro-D coaching events were held at various schools and dates during the school year to promote our sport.
- A Pole Vault mini-clinic was held in July to introduce athletes to the event.

NCCP Clinics

- Ron Bunting hosted a level 1 track clinic in December of 2007 in Kamloops.

3. Coaching

- High Performance Throws coach, **Dr. Anatoliy Bondarchuk** once again had a very successful year. He had 3 athletes take part in the World Championships in Berlin in 2009. Jennifer Joyce set a new personal best this season as she attended her first World Champs. Sultana Frizell set a new Canadian Record at the 2009 Mt. Sac Relays and then became the first Canadian woman to

- reach the final at a World Champs and finished 10th. She was also this year's AC recipient of the F.N.A. Rowell Trophy as Outstanding Athlete of the Year in Field Events. Dylan Armstrong also had a successful season once again. He attended the World Champs and had a seasonal best of throw of 20.92m which placed him 12th on the 2009 world rankings list.
- **Jarett McLean** coached all levels of programs at different times of the year. He was responsible for the organization and implementation of all the programs and also guided new coaches within the programs. Training sessions were held 6 days/week indoors at the Tournament Capital Centre from November-March and at Hillside Stadium from March-August. Successes included 7 BCA provincial medalists and 1 Canadian junior medalist, Vincent Schnabl (Bronze – Decathlon).
 - **Bruno Mazzotta** is our middle/long distance and cross-country coach. On the track Bruno produced medalists at this year's BC Champs in both JD and older level athletes. He also had three athletes attend the BC High School Champs with his top finisher, Evan Hall, finishing in 9th place.
 - We also had some new coaches join the JD ranks this year with great success. Our JD program is strong and continues to grow.
4. Officials
- Alwilda Van Ryswyck continues to host clinics regularly as we prepare to host the World Masters Indoor Champs on March 1-6th, 2010. The interior has a strong group of officials who allow us to host quality meets for our athletes. The officials also aid at the elementary and high school levels.
5. Support & Fundraising
- The centre is well supported by the City of Kamloops who continue to help us by providing training venues and weight lifting equipment.
 - The staff at Pacific Sport Interior, Carolyn Boomer and Sukh Matonovich, provided support by offering services to the athletes.
 - KTFC club president Judy Armstrong and the KTFC Board of Directors, continue to pursue hosting and funding ventures to make the club and regional centre stronger. Through the World Masters Championships in March of 2010 the City of Kamloops has provided over \$100,000 worth of track and field equipment.
 - Our annual manure sale continues to help cover coaching, facility rental and equipment costs.

Respectfully Submitted,

Jarett McLean, Interior Regional Centre Coach