

Fraser Valley Regional Athletics Centre Report for the 2009 Year

The 2009 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 2009, the Regional Center coaches were Ziggy Szelagowicz - Speed/Power, Harold Willers – Throws and Brit Townsend - Middle Distance.

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 throughout the year.
 - a. Training sessions started in October, two times per week, one in Chilliwack and one in Abbotsford, until the end of February
 - b. March to April, sessions were moved up to three times a week, with two sessions in Abbotsford.
 - c. From April till July all three sessions were held in Abbotsford. Most of July was taken off for recovery from knee surgery.
 - d. During the year coaches and athletes from the following schools and clubs would attend any of the sessions they liked:

Hope Secondary	Abby Christian
Sardis Secondary	Langley Secondary
Abby Traditional	Brookwood Secondary
MEI	Walnut Grove
Chilliwack Secondary	Ridge Rockets
WJ Mouat	
 - e. Coaching consultations took place in person, over the phone and online.
 - f. Highlights for the year:
 1. Spencer Prince representing Canada at the World Youth Track and Field Championships.
 2. Two gold, one silver and 4 other top 8 finishes at the BC High School Championships.
 3. Gaining a senior athlete, working also as a mentor.
3. Power/Speed Ziggy Szelagowicz continued to develop talent and broaden his instruction base:
 - a. Open sessions held at Rotary Stadium through April to June for coaches and high school athletes

- b. Training sessions held 6 days a week from October through to January including pole vault specific sessions
 - c. 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.
 - d. January clinic held at AgRec for Pole Vault attended by 10 athletes and 4 coaches
 - e. March Clinic/Spring Camp for kids with 14 attendees
 - f. June 5-10 Camps held twice a day for younger athletes
 - g. July 11-18 Summer Camps through City of Abbotsford for kids 8-14 years old with 16 attendees
 - h. July 21-28 Summer Camps through City of Abbotsford for kids 8-14 years old with 14 attendees
 - i. 4 athletes selected to Canadian National Youth Team: Jared Heldman, Django Lovett, Dyson Barnes and Spencer Prince
 - j. IAAF World Youth Champs in Bressanone, Italy:
 - 1. Django Lovett, Bronze
 - 2. Jared Heldman, semi-finalist
 - 3. Dyson Barnes, semi-finalist
 - k. BC Juniors Team: Ian Miller
 - l. BC Legion Team: Emma Beckett
 - m. BC Seniors Team and Canada Games Team: Natasha Miller
 - n. Spring and Summer Camps are planned for 2010 as well as a HJ clinic in January, a Spring Camp for elite athletes in March, and continued recruitment of strong athletes.
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. one on one coaching sessions with over 30 athletes 4 x per week with age ranges from 18-masters
 - b. 4 -one week summer camps with over 30 kids in each at SFU with instruction in all track and field events
 - c. 2 private athlete and coach sessions to develop individualized training programs for the year for athletes from the interior.
 - d. organized a 2 hour workshop for 25 athletes on Nutrition
 - e. organized and supervised a Cross country training camp for 30 athletes in Whistler with high level training sessions, strength training sessions and speed and agility sessions
 - f. organized individual muscular-skeletal assessments for 20 athletes with IPS (Provincial integrated performance systems)
 - g. monitored and help supervise recovery for Ruky Abdulai from hamstring injury setting up sessions and attending with Mary-Lou Remy (National team Physio) prior to World Championships

- h. currently coaches 4 federally carded athletes as well as several provincially carded athletes.
 - i. organized and supervised 2 early season track and field meets at Simon Fraser University
 - j. coached the cross country teams at local middle school and high school
 - k. coached the track team at local middle school
 - l. Some highlights of achievements in my group :
 - 1. Rebecca Johnstone--National Champ in the 800m; Bronze medal World Student Games
 - 2. Helen Crofts--Bronze Medal Pan Am Juniors
 - 3. Meredith Macgregor--National Champion Steeplechase
 - 4. Julia Howard--finalist at World Student Games
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 BC Jamboree 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 700 entrants on each of four consecutive Wednesdays.

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.

Gerry or Jason Swan - Centre Coordinators:

(h)604-859-9801
gswan@uniserve.com
jason@valleyroyals.org

Ziggy Szelagowicz - Power/Speed Coach:
(h) 604 859 2927
ziggytrack@hotmail.com

Harold Willers - Throws Coach:
(h) 604 792 0943
haroldwillers@hotmail.com

Brit Townsend - Middle Distance coach:
(h)604-939-4414
(b)604-291-3382
btownsen@sfu.ca

Submitted by: Jason Swan on behalf of Gerry Swan