

NAHPC –Victoria Report September 2010 – November 2011

Centre Partners

- Athletics Canada (AC) (including support from “Own the Podium”)
- University of Victoria (U Vic)
- Victoria International Running Society
- Canadian Sport Center Atlantic (CSCA) for Heather Hennigar’s position

National Centre Staff:

- Wynn Gmitroski - Centre Lead Coach
- Brent Fougner - Director and National Event Group Coach
- Keith Butler- Associate Coach UVic
Coach associated with the NAHPC program through an AC/CSC-A partnership:
- And Heather Hennigar - High Performance Coach

Running Academy Staff:

- Keith Butler – Head Coach
- Dacre Bowen – Speed and Agility/ sprints
- Laura Keziere – Middle distance
- Angela McCleish – Run Jump Throw/ track camps

Events:

Injury Prevention Strategies and Movement Solutions Symposium

November 4-6, 2011

University of Victoria

keynote speaker is Nick Winkelman ,director of performance education at Athlete Performance

Gary Reed Announces Retirement

OTTAWA – Two-time Olympian and 2007 World championship silver medalist Gary Reed officially announced his retirement from competition this morning at a press conference in downtown Toronto. With his mother Mary, wife Caitlin and coach Wynn Gmitroski in attendance, Gary said that following a gruelling eight year international career spanning two Olympic Games and five World Championships he just didn’t have the necessary drive to get on the podium in London 2012.

Gary Reed Tribute Dinner

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Saturday, July 2, 2011 / 5:30pm-8:00pm

Uplands Golf Club

VICTORIA INTERNATIONAL TRACK CLASSIC

Centennial Stadium

July 3rd, 2011

2:00 pm – 5:00 pm

Training bases

Victoria

University of Victoria

Full time athletes – May – December

Part time athletes (students) September – July

Phoenix

Scottsdale Community College

Full time based athletes – January – May

Linked / part time athletes – as required

Halifax

Canadian Sport Center Atlantic (CSC-A)

Linked centre athletes

2011 Training Camps

January 4th – 16th, 2011– Phoenix Arizona – Centre based / centre linked training camp. Training at Scottsdale Community College

Education sessions –

Nick Winkleman - Functional Movement Screen

Wynn Gmitroski – Soft Tissue / Active Isolated Stretching/ Recovery Relation

March 28th – April 4th, 2011 - Phoenix Arizona - Olympic Development Camp

Training at Paradise Valley and Scottsdale Community College.

Education Sessions:

Athletics Canada : daily

Athlete Performance – Trigger Point Therapy

May 1st – 19th, 2011 – Flagstaff Arizona – centre based, linked athletes

Training in Sedona and Flagstaff

June 18th – 21st, 2011 Flagstaff Arizona – pre national’s camp – centre based only

2011 Competition camps

Victoria – May 23rd – July 3rd – centre based – centre linked – as needed

Kaman Germany July 6th – August 6th - centre based - as needed