

November 26, 2011

## **Athletics Interior Regional Report – Pacific Sport Interior - Kamloops**

The Pacific Sport Interior had a successful year in 2011 in terms of hosting competitions, athlete performances, coach, athlete and official's clinics.

Kamloops Track and Field Club hosted many competitions in 2011 which included: Indoor Van Ryswyk Invitational at Tournament Capital Center, the Elementary Relay Fest, Battle of the Borders, (Alta vs BC), Kamloops Centennial Meet, the BC Junior Development Championships and the Western Canada Summer Games. In the fall the club also hosted the Throws Festival which brought athletes to Kamloops to compete and bring a focus to the high performance athletes training here in the community. Many, many athletes came to Kamloops from April – August not to mention the school elementary zone and district meets held at Hillside Stadium.

Run Jump Throw Clinic was held in April with 11 coaches taking this course. We held 2 Track Rascal programs (6-8 years) at Hillside Stadium this past summer 6 weeks in duration and currently have a program running indoors with full capacity and other track rascals on a waiting list for the next program to take place in January 2012. This program has proven to be very popular in our city. Two track coaches upgraded to level 2 in Langley in October. We held 2 level one officials clinics in Kamloops to prepare for the many competitions that were scheduled. We now boast the largest group of officials in BC due to the hard work and recruitment of Bob Cowden and Alwilda Van Ryswyk.

**Interior Regional Coach:** Jarett McLean resigned his position as head coach of KTFC in May. Middle distance coach, Bruno Mazzotta has been hired as the Pacific Interior Region Coach. Bruno has coached with the KTFC club for a number of years in middle distance and cross country programs.

**Club Head Coach:** The club has hired Oleg Bondarchuk who is the grandson of National Throws Coach, Anatoliy Bondarchuk. Oleg will start his job as head coach with the club on December 1, 2011. He currently was coaching track and field in Kuwait with a degree in physical education and massage therapy.

The club was able to hire a full summer student through the Summer Student program with the federal government, Natasha Little. Natasha did a tremendous job with the coaching and administration for the region. She was there at every elementary school meet for set up and take down and provided support for individual schools and teachers wishing to have a sports day at Hillside Stadium. She recruited many members and provided excellent communication to the board, club and the community with promotion of the sport. She coached the JD athletes and provided support to the organizing committee of the Western Canada Summer Games.

Athlete performances this year were outstanding with history being made with Dylan Armstrong getting the first medal at a World Championships. Dylan won the silver medal at the World Championships in

Daegu Korea with a throw of 21.64. He had the longest throw in the world this year with 22.21 at Canadian Senior Nationals in June in Calgary 2011. He won the IAAF Diamond League Title for shot put and a Gold Medal at the Pan American Games in Guadalajara, Mexico in October. Sutlana Frizell won the silver at Canadian National Championships and a silver medal also at Pan American Games. Crystal Smith took bronze medal at Canadian Nationals and had a personal best of 69.50 for 2011. Megann Rodhe also had a personal best of 67.20 at Mt Sac Relays. Spencer Allen secured a silver medal at the Canadian National Juniors in Pole Vault and Braden Derker got a gold at the Youth National Legions. There were many many other good performances by regional athletes this year.

Under the direction and guidance of Cliff Weathermon and support from coaches, former teachers, officials and athletes, there were 20 track and field clinics done this past year at the schools. Out of those clinics we were able to recruit athletes into the club and provide an awareness of the sport.

Thank you to the City of Kamloops for their tremendous support and ongoing commitment to sport through funding on competitions, Carolyn Boomer, manager of Pacific Sport and staff for all the support to coaches, athletes and KTFC membership as well as the region. Thanks also to the Kamloops Blazers Sports Foundation grants helping athletes with the travel and coaching grants to support more upgrades and programs for athletics. Thanks to our provincial government for funding and BC Athletics for their ongoing commitment to our membership . Without you all we would not be as successful as we are.

Respectfully submitted:

Judy Armstrong- President  
Kamloops Track and Field Club