

The 2011 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 2011, the Regional Center coaches were Ziggy Szlagowicz - 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 August all three sessions were held in Abbotsford.
 - 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. Extensive coaching consultations took place in person, over the phone and online.
 - f. Plans for 2011:
 1. Expand on core athlete group, including senior athletes
 2. Develop relationships with high school coaches and athletes to encourage them to continue with their progress through out the year with club affiliation.
 3. Provide more athlete and coach support through video analysis on-line.
 4. Provide professional development opportunities for elementary, middle school, high school coaches.
3. Power/Speed Ziggy Szlagowicz 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 as a resource for off-season and early season training.
 - d. March Clinic/Spring Camp for children
 - e. Early June Camps held twice a day for younger athletes
 - f. July Summer Camps (1st session) through City of Abbotsford for kids 8-14 years old

- g. July Summer Camps (2nd session) through City of Abbotsford for kids 8-14 years old
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. Training sessions: training sessions held 4 days per week in Coquitlam and Burnaby. Athletes ranging from age 17- masters including varsity university athletes, provincial team athletes, national team athletes., masters athlete; between 25-30 athletes at each session. Sessions run from January to mid August with a 2 week break and then begin again with Cross country season to end of December.
 - b. Training Camp for Cross Country and middle distance running: 1 week training camp late August in Whistler for varsity age athletes and post university age .Aged 17-28; 30 athletes.
 - c. Strength and Conditioning sessions: Organized 3 S and C sessions for 30 athletes focusing on core, speed and agility and a strength circuit in the weight room.
 - d. Track and Field Summer Camps; held at Simon Fraser University; 4 one week long camps in the summer focusing on a introduction to Track and Field events and a mini competition at the end of each week. Over 100 athletes in total aged from 7-16 years.
 - e. Events hosting: organized and hosted 3 outdoor track and field meets at Simon Fraser University that included open to high school, university, open and masters athletes. Aged 16-masters. Approx 150 athletes total
 - f. Traveled to National Outdoor Track and Field Championships and attended Provincial Cross Country Champs, Provincial Track and Field Champs and BC High School Track and Field Champs as well as the Fraser Valley Cross Country Champs. Ongoing Talent ID of High school age group. Assist at Achilles Track and Field International Meet and Lafarge International.
 - g. Coached track and field and cross country teams at local middle school; athletes aged 10-13 boys and girls; 25 athletes in total. Mentored middle school coach in process. Coached Track and Field and cross Country teams at local High school and mentored coach in the process.
 - h. Liaison with Athletics Canada on training plans for identified high performance athletes—ongoing
5. In cooperation with the Valley Royals Track & Field Club and Pacificsport, the Center hosted several basic introductory fitness camps for Aboriginal children in the Chilliwack area, and will be following up on these inaugural sessions in the 2012 year.

6. 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.
7. In cooperation with the Valley Royals Track Club, the centre hosted an invitational meet at the beginning of May and the Abbotsford International Track Classic in June and the BC
8. 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 \$200 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.

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