

FRASER VALLEY REGIONAL TRAINING CENTRE- Coaches Report
to the
BC Athletics 2015 Annual General Meeting
Coach - Ziggy Szelagowicz

For the 2015 training season, Zbigniew Szelagowicz has continued to mentor and coach Fraser Valley's speed/power athletes, and coaches in both club and school settings. The results these athletes have achieved have been very positive.

Training Group

Coach Ziggy's training group is comprised of thirty four athletes who participate in sprints, hurdles, and jumps. In this group there are sixteen boys and eighteen girls ranging from 15 – 29 years of age.

Seven athletes (two girls and five boys) compete at the International, National, and Provincial level in the high jump. This talented group travels from Chilliwack, Langley, Surrey, White Rock, and Vancouver to train with Szelagowicz. Several International students from Germany have also joined Coach Ziggy's practices after hearing of their accomplishments.

Athletes from the Speed/Power group will participate in approximately three indoor competitions during the months of January and February, as well as about fifteen outdoor competitions from April to August.

Achievements

Mason, Michael –VRTC, Senior

- Outdoors 2.33 m(PB), Indoors 2.31 m(PB)
- Team Canada for World Championships
- 2nd at the National Championships
- Qualified for RIO 2016 Olympics
- Ranking National 2nd in Canada

Lovett, Django -Senior

- Outdoors 2.13m, Indoors 2.21m (PB)
- Ranking 4th in Canada
- Graduate 2015 from New Mexico University
- Ranking National 4th in Canada

Della Siega, Joel – OATF, Youth

- Outdoors 2.06m (PB)
- Team Canada Youth for World Championships in Colombia
- BC High School Champion
- Legion National 2nd
- Ranking National 1st in Canada

Lambert, Michael-VRTC, Youth

- Outdoors 1.88 m (PB)
- Ranking National 13th in Canada

Spent, Spencer –VRTC, Junior

- Outdoors 1.88 m
- Ranking National 19th

Porpaczy, Alexa – OATF, Midget

- Outdoors 1.74m (PB), Indoors 1.65m (PB)
- BC High School Champion
- Legion National Champion
- BC Champion

Aquilini, Gabriela-TBIR, Junior

- Outdoors 1.60 m
- BC Championships 3rd
- Ranking National 15th

Training Camps

Szelagowicz will participate in several training camps during 2016. From February 1-14, he will be in San Diego, CA and then from April 9-15th he will travel to Arizona. He will also be involved in a training camp in Abbotsford from June 15-22nd.

Clinics

- February 15th-Jumps clinic in Victoria, BC
- February 27th-Jumps clinic for local coaches and teachers, ProD day
- March 25-June 30-Open pit jumping for local high school kids from 5:00-6:30pm
- April-weekly speed/power sessions for Aboriginal athletes in the Chilliwack area
- April-July-training athletes who are preparing for the BC Summer Games

Future Directions/Goals

Szelagowicz is proud to have Mason qualify for the Rio Olympics. He predicts having one or two athletes qualify for the World Championship Juniors and he expects to have several athletes in both the male and female categories, win in the BC High School Championships this upcoming season. Coach Ziggy looks forward to recruiting more coaches and athletes from all areas of British Columbia. He is passionate to help each and every athlete reach their potential.