

Entry #: 70 - Cameron Levins

Status: Submitted

Submitted: 2022-11-02 1:48 PM

## Athlete Information

Athlete Name \*

Cameron	Levins
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Athlete Mailing Address

10206 N Barr Ave

Portland	Oregon	97203	United States
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Athlete Email \*

levins89@hotmail.com

Athlete Phone \*

4352517977

Sex \*

Male

Athlete Date of Birth

1989-03-28

BC Athletics Club

BC Zone

Canadian Sport Institute/PacificSport Centre

Primary Coach Name \*

Jim

Finlayson

Primary Coach Email \*

finlaysonjim@gmail.com

Primary Coach Phone

7785331188

*Athletes may also enter up to two (2) coaches as an "Additional Coach." Please enter their names below.*

Additional Coach Name 1

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Additional Coach Name 2

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## Eligibility

Status in 2022/2023 \*

Post-Collegiate / Working

Are you applying for "INJURY or ILLNESS" status?

Yes  No

Are you applying for "PREGNANCY" status?

Yes  No

If yes to Injury, Illness or Pregnancy status, please upload the required documentation.

**Upload** or drag files here.

Are you, or have you, applied for Sport Canada Funding (Athletics Canada Carding) for 2022/2023?

Yes  No

Are you identified as part of the Athletics Canada CAPP program?

Yes  No

## Performance Level

Athletes should select their primary event for funding consideration.

### ⊗ Performance 1

Performance Stream

Olympic Stream

Did you achieve the age performance standard in your primary event?

Yes  No

Discipline \*

LD - Long Distance

Event \*

MARATHON

Best Result between November 1, 2021-October 31, 2022 \*

2:07:09

2nd Best Result between November 1, 2021-October 31, 2022

3rd Best Result between November 1, 2021- October 31, 2022

Did you achieve a Personal Best performance between November 1, 2021 - October 31, 2022?

Yes  No

Canadian Age Group Ranking (This information can be found on [www.Athletics.ca](http://www.Athletics.ca))

1

Provincial Age Group Ranking (This information can be found on [www.Athletics.ca](http://www.Athletics.ca))

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## Provincial & National Teams

	YES	N/A
2022 U20 BC Team	<input type="radio"/>	<input type="radio"/>
2022 SR BC Team	<input type="radio"/>	<input type="radio"/>
2022 PARA Team	<input type="radio"/>	<input type="radio"/>
2022 Canada Summer Games Team BC	<input type="radio"/>	<input type="radio"/>
2022 U18 Legion Team	<input type="radio"/>	<input type="radio"/>
2022 Commonwealth Games Team	<input type="radio"/>	<input type="radio"/>
2022 World Championship Team	<input checked="" type="radio"/>	<input type="radio"/>
2022 NACAC SR Team	<input type="radio"/>	<input type="radio"/>
2022 U20 World Championship Team	<input type="radio"/>	<input type="radio"/>
2022 World Athletics Race Walking Team Championships	<input type="radio"/>	<input type="radio"/>

## Performance Review and Planning

### 2022 Performance Review

Rate each question 1-5, with 5 being the highest rating.

	0	1	2	3	4	5	N/A
I achieved my performance goals for the 2021/2022 season.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I had access to adequate training facilities throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I had access to individualized coaching throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I had access to integrated support team (physio, chiro, nutrition, massage etc.) throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I was supported by my Club throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
If currently an Unattached member, I would be interested in joining a Club.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate your performance goals in your primary event for the upcoming season.

Top 3 at major marathon and/or world championships

Please indicate your performance goals in your secondary event for the upcoming season (if applicable).

Are you directed by an individualized Yearly Training Plan (YTP)?

Yes  No

YTP should include: competition and training dates, designated training periods (general prep, competition, transition), and matrix priorities

Do you and your coach regularly track your progress and development according to your performance goals?

Yes  No

On average, how many training sessions do you complete per week?

3-4

On average, is your personal coach present at more than 75% of training sessions and competitions?

no

How many weeks per year do you follow a structured training program?

49

Are you directed by an individualized strength & conditioning plan?

Yes  No

If yes, who facilitates your strength & conditioning program?

David McHenry

Have you received a functional movement assessment in the past 12 months?

Yes  No

*Can include physiotherapy assessment, sport readiness assessment, or other musculo-skeletal assessment aimed at diagnosing potential movement deficiencies.*

Do you have access to an integrated support team (ie. sport scientists, physiologists, physiotherapists, RMT, chiropractor etc.) to support training and recovery?

Yes  No

*SS/SM can include direct service, coordinated educational sessions/workshops/camps, or individual consulting (i.e. Fortius Sport & Health)*

If yes, on average how often do you access services?

Generally 3-4 times per week

Is your medical status regularly monitored by a physician or other medical health professional?

Yes  No

Do you participate in mental skills training or have access to a mental performance consultant?

Yes  No

Have you completed Anti-Doping Education in the past 12 months?

Yes  No

*This includes the CCES TrueSport Clean 101 anti-doping test, as well as others*

## 2022/2023 Competition Plan

Please outline your tentative competition schedule for 2023.

Houston Half Marathon, Tokyo Marathon, World Championships

What National or Provincial Teams are you targeting in 2023?

World Championships

Do you have any training camps planned for 2022/2023?

Yes  No

Would you be interested in attending a BC Throws Project, BC Sprints/Jumps Project, or BC Endurance Project training camp in 2023?

Yes  No

## Acknowledgements

I HAVE READ AND UNDERSTAND the BC Athletics High Performance Athlete Support Manual, and understand all information with respect to selection for High Performance Athlete Support.

I INTEND AND AGREE to renew my BC Athletics Competitive Athlete Membership for the next membership year.

I UNDERSTAND that I must be a Current BC Athletics Competitive Athlete member to receive any High Performance funding through BC Athletics.

I CONFIRM that all information entered in this form is accurate to the best of my knowledge.

Entry #: 27 - Camryn Rogers

Status: Submitted

Submitted: 2022-09-08 9:46 AM

## Athlete Information

Athlete Name \*

Camryn

Rogers

Athlete Mailing Address

Apt A, 2217 Channing Way

Berkeley

California

94704

United States

Athlete Email \*

camrynt99@gmail.com

Athlete Phone \*

510-648-5749

Sex \*

Female

Athlete Date of Birth

1999-06-07

BC Athletics Club

KJAK - Kajaks Track & Field Club

BC Zone

Zone 4 - Fraser River

Canadian Sport Institute/PacificSport Centre

Fraser Valley

Primary Coach Name \*

Mo

Saatara

Primary Coach Email \*

mohamad.saatara@gmail.com

Primary Coach Phone

734-548-0572

*Athletes may also enter up to two (2) coaches as an "Additional Coach." Please enter their names below.*

Additional Coach Name 1

Additional Coach Name 2

## Eligibility

Status in 2022/2023 \*

Post-Collegiate / Working

Are you applying for "INJURY or ILLNESS" status?

Yes  No

Are you applying for "PREGNANCY" status?

Yes  No

If yes to Injury, Illness or Pregnancy status, please upload the required documentation.

**Upload** or drag files here.

Are you, or have you, applied for Sport Canada Funding (Athletics Canada Carding) for 2022/2023?

Yes  No

Are you identified as part of the Athletics Canada CAPP program?

Yes  No

## Performance Level

Athletes should select their primary event for funding consideration.

### ⊗ Performance 1

Performance Stream

Olympic Stream

Did you achieve the age performance standard in your primary event?

Yes  No

Discipline \*

TH - Throws

Event \*

HAMMER - 4.00K

Best Result between November 1, 2021-October 31, 2022 \*

77.67m

2nd Best Result between November 1, 2021-October 31, 2022

76.46m

3rd Best Result between November 1, 2021- October 31, 2022

75.73m

Did you achieve a Personal Best performance between November 1, 2021 - October 31, 2022?

Yes  No

Canadian Age Group Ranking (This information can be found on [www.Athletics.ca](http://www.Athletics.ca))

1

Provincial Age Group Ranking (This information can be found on [www.Athletics.ca](http://www.Athletics.ca))

1

+

## Provincial & National Teams

	YES	N/A
2022 U20 BC Team	<input type="radio"/>	<input type="radio"/>
2022 SR BC Team	<input checked="" type="radio"/>	<input type="radio"/>
2022 PARA Team	<input type="radio"/>	<input type="radio"/>
2022 Canada Summer Games Team BC	<input type="radio"/>	<input type="radio"/>
2022 U18 Legion Team	<input type="radio"/>	<input type="radio"/>
2022 Commonwealth Games Team	<input checked="" type="radio"/>	<input type="radio"/>
2022 World Championship Team	<input checked="" type="radio"/>	<input type="radio"/>
2022 NACAC SR Team	<input type="radio"/>	<input type="radio"/>
2022 U20 World Championship Team	<input type="radio"/>	<input type="radio"/>
2022 World Athletics Race Walking Team Championships	<input type="radio"/>	<input type="radio"/>

## Performance Review and Planning

### 2022 Performance Review

Rate each question 1-5, with 5 being the highest rating

	0	1	2	3	4	5	N/A
I achieved my performance goals for the 2021/2022 season.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I had access to adequate training facilities throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I had access to individualized coaching throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I had access to integrated support team (physio, chiro, nutrition, massage etc.) throughout the year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I was supported by my Club throughout the year.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
If currently an Unattached member, I would be interested in joining a Club.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

Please indicate your performance goals in your primary event for the upcoming season.

Better my Meet Record at the Canadian Championships, Win World Championships in Budapest, Hungary

Please indicate your performance goals in your secondary event for the upcoming season (if applicable).

Are you directed by an individualized Yearly Training Plan (YTP)?

Yes  No

YTP should include: competition and training dates, designated training periods (general prep, competition, transition); and matrix priorities

Do you and your coach regularly track your progress and development according to your performance goals?

Yes  No

On average, how many training sessions do you complete per week?

On average, is your personal coach present at more than 75% of training sessions and competitions?

How many weeks per year do you follow a structured training program?

50

Are you directed by an individualized strength & conditioning plan?

Yes  No

If yes, who facilitates your strength & conditioning program?

My personal coach, Mo Saatara

Have you received a functional movement assessment in the past 12 months?

Yes  No

*Can include physiotherapy assessment, sport readiness assessment, or other musculo-skeletal assessment aimed at diagnosing potential movement deficiencies.*

Do you have access to an integrated support team (ie. sport scientists, physiologists, physiotherapists, RMT, chiropractor etc.) to support training and recovery?

Yes  No

*SS/SM can include direct service, coordinated educational sessions/workshops/camps, or individual consulting (i.e. Fortius Sport & Health)*

If yes, on average how often do you access services?

At least once per week.

Is your medical status regularly monitored by a physician or other medical health professional?

Yes  No

Do you participate in mental skills training or have access to a mental performance consultant?

Yes  No

Have you completed Anti-Doping Education in the past 12 months?

Yes  No

*This includes the CCES TrueSport Clean 101 anti-doping test, as well as others*

## 2022/2023 Competition Plan

Please outline your tentative competition schedule for 2023.

Season opener, Mt. SAC, two or three more meets before Canadian Nationals, Canadian Nationals, one or two meets between then and Worlds, Worlds.

What National or Provincial Teams are you targeting in 2023?

BC SR Team for Canadian Nationals, Team Canada for World Championships.

Do you have any training camps planned for 2022/2023?

Yes  No

Would you be interested in attending a BC Throws Project, BC Sprints/Jumps Project, or BC Endurance Project training camp in 2023?

Yes  No

## Acknowledgements

I HAVE READ AND UNDERSTAND the BC Athletics High Performance Athlete Support Manual, and understand all information with respect to selection for High Performance Athlete Support.

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