




BC ATHLETICS

Development - Performance - Excellence

ROBIN & MICHAEL XIAO

**Athletes taking the
Officiating world by storm**

ROBIN AND MICHAEL XIAO ARE 14-YEAR OLD MULTI-SPORT ATHLETES WHO HAVE EMBARKED INTO THE WORLD OF OFFICIATING. THEY HAVE COMPLETED THEIR OFFICIALS' LEVEL 1 CERTIFICATE IN THE SUMMER OF 2023 AND ARE KEEN TO CONTINUE ON AS ATHLETES AND OFFICIALS IN SEASONS TO COME.



Q. HOW LONG HAVE YOU BEEN A BC ATHLETICS OFFICIAL?

Robin: 4 months

Michael: I've been a BC Athletics official for about a year now. Currently, I'm in the first level of officiating. I think I might specialize in throws events.

Q. WHAT STARTED YOU INTO OFFICIATING?

Robin: I enjoy the sport and wanted to get more involved in track and field and understand the rules for different disciplines.

Michael: I got into officiating because I wanted to be more involved in the world of athletics.

Q. WHAT DOES ATHLETICS MEAN TO YOU?

Robin: It's a way to set goals to push myself as much as I can.

Michael: Athletics means a lot to me because it helps me build my speed and endurance.

Q. WHICH EVENT IS YOUR FAVOURITE EVENT?

Robin: The 400m, it's very hard but rewarding when you finish.

Michael: My favourite event is shot put.



**Q. ARE YOU AN ATHLETE YOURSELF?
WHAT AGE DID YOU START WITH T&F?
ARE YOU ENGAGED IN OTHER SPORTS?**

Robin: Yes, when I was 13.

I also do swimming and rugby.

Michael: Yes, I'm also an athlete.

I started with track and field towards the end my grade 7 year.

Apart from track and field, I play rugby and swimming.

Q. ANY MEMORABLE EXPERIENCE AS AN ATHLETE?

Robin: Getting the Grade 8 BCHS 4x100

Provincial Record with my teammates this year.

Michael: A memorable experience was the high school provincials when I had the 4x400 relay and shot put at the same time and after the relay, I still got a personal best for shot put.

Q. DID T&F HELP YOU GAIN SKILLS/TRAITS THAT YOU FOUND USEFUL IN SCHOOL/LIFE?

Robin: It helps me build persistence because in an event like the 400, it's very easy to want to give up.

Michael: Track and field has helped me build discipline which I find very useful in school and life.



Q. WHAT KEPT YOU INTERESTED IN T&F UP TO PRESENT?

Robin: I enjoy the competition and challenging myself for PRs.

Michael: I like watching high level athletes do the events that they're really good at.

Q. DO YOU HAVE ANY MEMORABLE EXPERIENCE AS AN OFFICIAL?

Robin: Being an official at the BCEC, which I competed in before. I got to see my coaches at my school there too.

Michael: One of my memorable experiences was just learning how to become an official at the BCEC's

Q. WHY DO YOU ENJOY VOLUNTEERING? WHAT DO YOU ENJOY THE MOST WITH OFFICIATING?

Robin: I enjoy volunteering because it's a way to give back to the community. I enjoy officiating because I can see athletes try their best in an event and go fast.

Michael: I enjoy volunteering, I get to meet new people. I enjoy learning more about track and field as an official.

Q. WHAT ARE YOUR HOBBIES?

Robin: Going to the gym, playing video games, playing rugby, etc

Michael: My hobbies are mostly going to the gym and playing video games

Q. WHAT ARE YOUR FUTURE PLANS?

Robin: To hopefully continue being a multi-sport athlete

Michael: In the future, I plan to stay involved as an athlete and also an official.



**Q. WOULD YOU RECOMMEND
OFFICIATING TO HIGH SCHOOL
U18 ATHLETES?**

**WHAT ADVISE WOULD YOU
GIVE TO PEOPLE WHO ARE
NEW TO OFFICIATING OR
INTERESTED IN OFFICIATING?**

Robin: Yes, it helps you become more connected with the sport and the community. Some advice is to go to as many meets as you can because the more experience you have, the better you will be.

Michael: I would definitely recommend officiating to high school U18 athletes. I would advise people who are new to officiating to try different events and see which events you would like to officiate the most in.