

**BC Athletics Junior Development Committee Meeting
Minutes**

Sunday, January 31, 2021

Time 2:27pm by Teleconference.

1. Attendance

Dawn Copping (Chair), Birgit Weaver (Vice Chair), Alwilda van Ryswyk, Doug Evans, Christine Dela Cruz, Ross Browne, Tom Dingle (BCA Statistician), Darren Willis (BOD Committee Liaison), Sabrina Nettey (Introductory Programs Coordinator)

Regrets: Cristiana Lundman

2. Acceptance of Agenda

Sabrina requested that Coach Education be added to the agenda.

Tom requested that Top 10s be added to the agenda.

Motion to accept agenda (Doug Evans/Birgit Weaver). Accepted.

3. Acceptance of minutes of meeting

Motion to accept minutes (Alwilda van Ryswyk/Birgit Weaver).

4. Items arising from last meeting

No items arose from the last meeting.

5. Election of officers – Chair and Vice Chair

Dawn and Birgit expressed desire for other committee members to step into leadership roles as they would like to step down in the future. Sabrina asked if they'd be willing to stay in their current roles for another year while mentoring other committee members to step into their leadership positions. Birgit suggested that anyone stepping into the Chair or Vice Chair role should be on the Committee for at least a year. Doug is unable to take on a leadership role at this time but indicated potential interest for the future.

Motion to elect Dawn Copping as Chair of the BC Athletics JD Committee (Alwilda Van Ryswyk/Birgit Weaver). Elected by Acclamation.

Motion to elect Birgit Weaver as Vice Chair of the BC Athletics JD Committee (Alwilda van Ryswyk/Christine Dela Cruz). Elected by Acclamation.

6. Report from Darren

Darren attended the Board of Directors meeting on January 25th. Things discussed included that the Fortius building has been sold to the City of Burnaby, however BC Athletics will be remaining as a tenant in the building. Also, Trackie is going to update their payment system to accept Interact and PayPal (currently only accept credit cards). There is still uncertainty regarding competitions due to the current COVID scenario. The competitive season will likely involve smaller intra- and interclub competitions. Birgit asked if the Trackie payment updates will be for membership or event registrations. Darren indicated that he believed it would be for both.

7. Report to BC Athletics Board Meeting by Chair

Dawn explained that each January, the Committee Chairs meet with the Board of Directors and provide a report on Initiatives, Challenges, Opportunities, Gaps, and Dreams. There were no questions from the JD Committee about the report she submitted.

8. How are you operating in your area?

Doug (Golden Ears Athletics) said that they are offering a winter program for high school athletes (approx.20) that is a combination of indoor and outdoor training. They will launch their usual high school program in March and JD program in April, and are capping at 45 athletes per group to accommodate the PHO regarding group sizes and number of available coaches. They are debating whether to oversubscribe registrations, since typically not everyone who registers will end up participating. Golden Ears Athletics typically hosts a competition on the Mother's Day Weekend; this year they are looking to host an in-house event. Ross (Prince George TFC) said that they were currently offering a Seniors program. They couldn't offer a JD program in 2020, but are hoping to offer one in 2021. Christine (AirBlastOff) said they are running a JD and HS program with approx. 35 athletes. They are doing gym sessions via Zoom as they are having difficulty accessing private gyms or rec centers. Sabrina (Universal Athletics) said that they were currently offering a program for high school/university athletes. The JD program ended in October. Typically they offer a winter indoor program for JDs but cancelled it this year. JDs will begin training outdoors in February as usual. Dawn (NorWesters) said that due to the restrictions around athletes 22 years and older, they've separated their masters from their High School group to allow masters to continue to train. They also ran a Cross Country program and have used both trail and parking lots for training. Dawn noted that some kids haven't trained in certain events in nearly a year. Darren (Alberni Valley) said that they have been running programs although they do have difficulty with spacing as they share the track with the public. There have also been difficulties with the weight room they've built at the track as it's not large enough to accommodate multiple athletes with social distancing. Alwilda (Kamloops) said that they've been running an indoor program for all ages, and that they share the track with the public some days but will have it to themselves on others. They have also successfully hosted two indoor in-house meets.

Dawn asked what the current restrictions were regarding indoor training. Sabrina reviewed the BC Athletics COVID Updates and noted that while the December 5th update restricted high intensity activity indoors, the December 29th update didn't address it. Sabrina said she would look into it further and clarify with the Committee.

9. Meaningful Track Meet Discussion

Sabrina explained that one of the items within the BC Athletics Strategic Plan regarding the JD program is to promote a multitude of meet formats. Not much has been done on this as competitions are primarily run by clubs, and clubs had typically preferred to host traditional track meets (i.e. all weekend with every event for every

age group). However, given that this traditional format will likely not be able to occur this season due to COVID, it may be worthwhile to begin looking at new competition formats for JDs that could be recommended to clubs for 2021 meet hosting and, if successful, be carried over in future years. She asked if this is something that JD Committee would be interested in working on collectively or if it's something better for a smaller working group. Dawn noted that clubs will come up with the plans that best suit their hosting abilities. Darren asked if meets could emulate what was done during the cross country season (i.e. having athletes come, compete, leave, then have a new batch of athletes come). Doug stated that cross country involves a single event while track meets typically have multiple events all ending at different times, so the model could be difficult to replicate for track meets. Sabrina asked Tom about the meets Peninsula Athletics used to host. Tom explained that they used to host triathlon meets where every athlete participated in a run, jump, and throw event. The meet was popular but stopped when Peninsula could no longer host due to degradation of the track and no other club took it up. Doug suggested that a review of meet formats could best be tackled with a smaller working group of about four individuals and volunteered to take part.

10. Alternative Photo Finish Device

Darren noted that timing equipment for track meets is quite expensive, only a few timing systems exist throughout the province, and that there are only a few officials trained to use them. This is a concern any year but particularly during COVID as he anticipates that we'll see more clubs wanting to host sanctioned competitions to provide their athletes opportunities to compete. Darren explained that there is an App called "Sprint Timer" that is about \$10, compatible with iPads and iPhones, and which provides timing results to one 100th of a second. While timing capability needs to be to one 1000th of a second for National rankings, this could be a viable option for JD meets as their results aren't part of the national rankings database. Darren noted that it had been used successfully at a competition on Vancouver Island and that this could be a way to engage more officials for Finish Lynx training. Sabrina asked Tom if he would have any issues using data from this program in compiling JD Statistics. Tom stated that the results could be useful and accurate once individuals are trained, and doesn't believe it will be an issue in terms of his Statisticians duties. He suggested that it would be worthwhile using it at a couple meets this year alongside the Finish Lynx system to compare results as it could be useful in helping to convince others of the benefits of the system. Dawn commented that a problem with Finish Lynx is that you need to have a large meet to make it worthwhile to set it up and this new app could be useful for clubs trying to host small meets. Next steps are to reach out to clubs and officials who have used it for feedback.

11. JD Budget

Dawn presented the JD Program budget to the Committee. She explained that it was good for the Committee to know what funds they have access to. Doug asked who sets the budget and when. Sabrina explained that the BC Athletics budget is set as a

whole, with specific line items allotted to aspects of the JD program. She also explained that the budget is set in the spring of the previous fiscal year to be presented to the Board of Directors prior to being presented to the membership at the BC Athletics AGM (last done in late August). Darren noted its good practice for the Committee to review their budget. Dawn asked the Committee to review the budget and bring any feedback on areas that are not being addressed to the next meeting.

12. Document stating JD differences in rules from IAAF rules

Dawn presented the most recent draft of the document detailing the differences between the World Athletics rules and those used for JDs and thanks Birgit for her work on the document. Birgit noted that Carol Cull had also done a lot of work on the document. The document was reviewed by the Committee with minor edits occurring.

Motion that document be presented to the Board of Directors for approval then posted to the website (Birgit Weaver/Doug Evans). Accepted.

Discussion regarding electronic timing: Tom stated that he receives a few hand timed results each year, although fewer each year. He uses the standard conversion when dealing with them.

13. Coach Education

Sabrina noted that the JD Committee has previously discussed that there are gaps in the formalized coach education for JD Coaches. Specifically, the NCCP Sport Coach course teaches the skills of the events and how to develop a practice plan, but doesn't prepare a new coach to plan a full season of practices. In speaking with Jennifer Brown (Coach Education Coordinator), one initiative being considered is creating a new coaching book consisting of detailed practice plans that cover the 4 month JD track & field season as well as the 3 month cross country season. They are looking for the Committee's feedback on if this would address their concerns or if other elements were needed.

Doug commented that this is a great idea as many clubs struggle with not being able to supervise newer coaches, so this would help fill that gap. Dawn stated that she finds new JD coaches have difficulty sequencing skills and wasn't sure this type of book would address that issue. Sabrina shared that they are also developing a mentorship program for JD coaches. Dawn said she was still uncertain if that would fix the issue. Sabrina asked if Dawn could connect with her and Jen Brown to get a better sense of Dawn's thoughts on how to address that issue. Birgit stated that she is glad that these initiatives are occurring but noted that the book seems like something that could take a lot of work to create. She asked if the Run Jump Throw Wheel (RJTW) manual could be used instead. Sabrina screen shared the RJTW manual and explained that while RJTW targets children ages 6-12 and has great technical progressions beyond what is done with Track Rascal, the lesson plans are combined in a way that aligns better with PE classes than a full JD season. Birgit agreed that the RJTW manual would not be the best option to address this issue but suggested looking at other provinces or countries to see if a similar product already exists.

14. Top 10s

Tom has been contacted by a couple individuals who had achieved All Time Top 10 performances. He wanted guidance from the Committee on how to address 2020s Top 10s as the JD Committee had not published a list of Approved Meets for JD Crests/Awards. Sabrina noted that this could be an issue in 2021 as well, as COVID will likely result in lots of smaller meets taking place which did not exist previously, making it difficult to create a list of "Approved Meets". Tom asked if all BC Athletics sanctioned meets could be considered. Dawn noted that the Committee typically has more extensive criteria as they've had issues in the past with sanctioned meets not operating according to proper guidelines. Birgit noted that there is potentially an issue of fairness, as athletes whose clubs chose not to host meets didn't have the opportunity to compete. Doug asked if it was an option to compile the results and include an asterix to indicate that the performance had occurred in 2020, a year of limited competition. Sabrina stated that the results were already on the Athletics Canada website, so it is really a question of whether we want to acknowledge them. She also commented that there is the element of providing value by recognizing great performances for those athletes who did achieve them. Doug asked for clarification on what Top 10s were being discussed: All Time, Annual, or Individual Athlete. Discussion that conversation was about All Time Top 10 performances. Doug noted that All Time Top 10s are empirically the best performances as compared to the Annual Top 10s and therefore worth being recognized.

Motion that All Time Top 10s should be updated to reflect the two performances being discussed (Dawn Copping/Doug Evans). Approved.

Sabrina asked how the Committee plans to look at the new meets that will likely be hosted in 2021. Dawn stated that the Committee can review the list of planned meets at the April meeting. Darren noted that clubs will likely be putting events on the calendar much later than usual as they adapt to PHO orders and asked how the committee will address new meets that are added to the calendar after the April meeting. Birgit suggested a decision could be deferred until the April meeting. Darren asked what criteria is traditionally used to evaluate a competition for inclusion on the Approved List for JD Awards/Crests. Dawn noted that they have to have an electronic timing system, BC Athletics Officials, run according to World Athletic Rules (with allowances for approved JD amendments), be an established meet that's ideally been held properly for 1 year, and be sanctioned by BC Athletics. Noting that clubs may be relying more on their own officials, Birgit suggested that someone should ask the Officials Committee what level of officiating should be expected from club officials when running a meet.

15. Motion to adjourn

Meeting adjourned at 4:35pm (Birgit Weaver/Alwilda van Ryswyk)

Next meeting: April 11th, 2021