

## **BC Athletics Junior Development Committee - Meeting Minutes**

**Wednesday, April 8, 2023 at 8pm by Teleconference**

### **1. Attendance**

Doug Evans (Chair), Lee Hunter, Kylie Lakevold, Caitlin Reed, Birgit Weaver, Kyndrie Malmquist, Makayla Mitchell, Sabrina Nettey (Introductory Programs Coordinator)

Regrets: Christine Dela Cruz, Dawn Copping, Kyndrie Malmquist, Ross Browne, Darren Willis

### **2. Acceptance of Agenda**

Motion to accept agenda (Lee Hunter/Caitlin Reed). Accepted.

### **3. Acceptance of minutes of meeting**

Motion to accept minutes (Doug Evans/Kylie Lakevold). Accepted.

### **4. Items arising from last meeting.**

None

### **5. Report from Darren**

Darren was unable to attend this meeting as it conflicted with a Board of Directors meeting.

### **6. JD Medley Relay Age Eligibility**

Follow up to the March conversation in which it was suggested that expert opinion was needed to determine whether it was safe to allow 9 and 10 year olds to begin participating in the 1200m Medley Relay (200/200/200/600m) from a Long Term Athlete Development perspective, as this age group is currently not able to participate in either the Medley or the individual 200m. Sabrina reached out to Les Gramantik, one of the expert coaches who was part of the working group who made the LTAD event recommendations. She shared that Les' opinion was that LTAD was meant to be guidelines to protect young athletes from overtraining and to align with the windows of trainability. So, while it isn't not advisable for these athletes to race in an individual 200m due to the training required for it, it is great for them to be able to participate in this relay, particularly when their socio-emotional development is considered. General discussion that this is a good source of information. Lee noted that permitting the younger ages to take part would increase participation in the relays.

Motion that the 1200m Medley Relay (200/200/200/600m) be open to all JD age groups (Lee Hunter / Doug Evans). Approved.

### **7. JD Age Groups for the BC Relay Championships**

Recognizing that the BC Relay Championships is likely to have limited JD participation as it is a new event and occurs a few weeks following the JD Track & Field Championships (i.e., the traditional end of the JD season), Doug proposed that JDs compete in combined age groups rather, than single year age groups, to allow for greater team participation within each category.

Question regarding whether relays would still be part of the JD T&F Championships; Sabrina confirmed this and that athletes would still receive awards.

Motion that JDs teams at the Relay Championships compete in the following categories: U12 and U14 (Makayla Mitchell/Kylie Lakevold). Approved.

#### **8. JD Crest and Award Standards for 2023**

Sabrina explained that standards are typically used for team selections, and therefore change each year to reflect the anticipated competition; an element that doesn't necessarily apply to JDs. As well, the number of athletes qualifying for JD Awards had been trending down over several years, with less than 20 athletes earning them last season. She asked the Committee whether they wanted to create new standards for the 2023 season or if they should stay the same as 2022. Birgit noted that standards had to change annually in part due to the implementation of LTAD. We may now have gathered enough data regarding exceptional performances in these events that standards can stay still. Doug brought up that COVID was also impacting performances, and standards may need to stay still for a couple years to properly judge if they are appropriate. He also noted that a future conversation may be required around how many athletes should be ideally qualifying for awards, as that will impact standards. Caitlin asked if there is a downside to increasing the number of athletes who receive awards. Sabrina explained that, so long as there is a JD Awards and JD Crest program, it would be good to maintain distinction between the two, however it would be great to see more athletes qualifying for awards than presently do. Makayla asked for clarification is this should also apply to the Crests; general consensus that it should.

Motion that JD Awards and JD Crest Standards for 2023 remain the same as the 2022 standards (Makayla Mitchell/Kyndrie Malmquist). Approved.

#### **9. Plans for a JD Statistician**

Sabrina let the Committee know that a few people had put their hand forward to take on the statistician roles. Would be investigating best options to move forward.

#### **10. Any Other Business**

Doug expressed concern that there is reduced competition opportunities in the Lower Mainland that in previous years. Sabrina explained that the facility renovations at Percy Perry and Swangard Stadium this summer resulted in the Jesse Bent and Trevor Craven being removed from the Calendar. They should both be returning next season. Doug suggested clubs should look to partner and host twilight meets to provide their JD athletes competition opportunities.

#### **11. Motion to adjourn at 8:38pm**