

Once again the Fraser Valley Regional Centre has been active and during the past year: clinics have been held, training sessions for athletes from different areas have been conducted and competitions have been arranged for.

The Centre coaches are Ziggy Szelagowicz and Brit Townsend with Harold Willers assisting in the throwing event area.

A summary of projects that were completed by the centre include the following:

- A Spring Indoor Camp was conducted at the AgRec Centre in Abbotsford—12 young participants attended this camp.
- A series of clinics and training sessions were held at the request of First Nations. Ziggy, with the assistance of Larry Neilson, made three trips to Chilliwack and Hope to conduct these sessions.
- In April, a one-day session was held for junior high school aged athletes—15 participants attended.
- In May four athletes traveled from Kamloops to Abbotsford to attend a pole vault training session.
- Indoor pole vaulting sessions were held from December to March at Abbotsford's AgRec Centre and were conducted under the direction of Ziggy and Graham Danziger. A number of athletes from a variety of communities within the Fraser Valley attended these sessions.
- In July, just before the BC Jamboree, a high jump clinic was conducted at which 15-athletes attended with a few athletes traveling from Kamloops to attend this session.
- At the request of Pacific Sport Fraser Valley, Ziggy participated and helped conduct sessions of the Ignite Athlete Development Program under the direction of Sherry Hunt, Sport Performance Coordinator for that program.
- Both Ziggy and Harold instructed at a very successful "teacher's professional day" held at Hansen Secondary school. In excess of 40 secondary school coaches attended these sessions that drew excellent reviews from those taking part. Graham Neufeld has to be congratulated for taking the time to organize this highly successful day that most definitely furthered the interests of track and field.
- During the summer speed/power sessions that concentrated on the sprints were held for athletes from a number of different sports. It introduced those individuals to our sport and created goodwill between Athletics and other sports.
- During the last week of August, Brit Townsend organized a training camp in Whistler at which interested athletes were welcome to enroll and take part in. In excess of thirty athletes attended this past summer's camp that featured a three-hour session on the topic of "nutrition for high performance athletes" that was jointly funded by SFU and Pacific Sport. Other sessions included topics such as strength and conditioning, core speed and agility and a strength circuit that can be conducted in the weight room.
- Brit conducted 3, one week camps during the summer that introduced track and field to school aged athletes. Each session concluded with a mini-competition. In excess of 100 participants took advantage of these camps.

- With the assistance of the Abbotsford Recreation Department, 2, one-week camps were held in Abbotsford under the direction of Ziggy. Over 20 athletes took part in each of these camps that included instruction on a variety of track and field events with each week concluding with a heptathlon competition.
- The Centre coaches were directly responsible for the training and competition schedule of **four** nationally carded athletes, two of which were selected to Canada's Olympic team. These athletes included Olympians Mike Mason and Jessica Smith plus carded athletes Ruky Abdulai and Helen Crofts.
- The Centre, in cooperation with SFU and the Valley Royals Track Club, hosted a number of competitions with the highlight being the Lafarge High Performance Meet.
- Brit is also available for consultation on the middle distance runs and during the past year she has mentored and consulted a number of coaches at the secondary school level.
- Harold Willers spent many hours helping athletes from various schools that were interested in the throwing events.
- Ziggy, Brit and Harold are on the outlook for athletes with the potential to be high performance track and field athletes. **These coaches are available for consultation in their respective disciplines. Ziggy intends to conduct several clinics during 2013 involving the high jump. He will utilize world ranked high jumper Mike Mason and it's hoped that a number of "high jumpers with ability and their coaches" will be able to attend these sessions.** Dates for these sessions will be established in the early part of 2012. **In addition, coaches or athletes that would like to consult with Ziggy are urged to do so by emailing him at (Ziggytrack@hotmail.com) with a copy to Gerry Swan @ (gswan@uniserve.com).** Brit and Harold intend to continue conduct camps and sessions for aspiring athletes and their coaches.
- During November, Ziggy conducted a specialized training camp at Whistler. This camp featured strength training for the high jump. Others are invited to become part of this camp in the coming year and if interested please contact Ziggy.

In conclusion, I would invite coaches to consult with Ziggy regarding power/speed events and Brit (btownsend@sfu.ca) concerning middle distance training or Harold Willers (haroldwillers@yahoo.ca) for assistance with the throws. It's the Centre's hope that the above coaches can be of assistance to other coaches in their respective disciplines. In the coming year, some new projects are to be initiated by the Centre but we rely on individual coaches to seek out the help that they would like. Such consultation can improve the performance of all concerned and aid in the development of our sport.