

HAMILTON OLYMPIC CLUB

ANNUAL GENERAL MEETING **DECEMBER 7, 2009**

The 83rd Annual General Meeting of the Hamilton Olympic Club was held in the Community Room of the Inch Park Recreation Centre, 300 Queensdale Avenue East, Hamilton, on Monday, December 7, 2009. The meeting was called to order by the president, Monika DiCesare at 7:10pm with 26 members present.

Regrets were received from two board members.

1) Minutes of the 82nd Annual Meeting

Moved by George Kerr, seconded by Ralph Moulton that the minutes of the 82nd Annual General Meeting be accepted as circulated. Carried.

2) Business Arising from the Previous Minutes

There was no business that arose from the minutes of the last Annual General Meeting.

3) Reports

- President	Monika DiCesare
- Secretary	Rhona Trott
- Membership Committee	Rhona Trott
- Bingo Committee	Rhona Trott

4) Motion to Approve

Moved by Christine Wallace, seconded by George Kerr that the actions of the board of directors and executive, during the past year, be approved. Carried

5) Reports

- Treasurer	Ralph Moulton
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6) Motion to Approve

Moved by George Kerr, seconded by Angelo DiCesare that the treasurer's report be accepted. Carried

<u>7) Reports:</u>	- Coaches	Bozena Wojciekian	YDP
		Rhona Trott	throws group
		Patti Moore	masters
		Matt Hodgson	middle distance
		Pauline Smith	MTA sprints
		George Kerr	MTA middle distance
			sprint/power group
			head coach
		Bill Urie	Athletics Ontario AGM

8) Election of Officers and Board of Directors for 2009-2010

Bill Urie took the chair to present the following slate:

President:	Monika DiCesare	
First vice-president		
Second vice-president	Bill Urie	
Secretary	Rhona Trott	
Treasurer	Phyllis Roung	
Past President	Paul Morrison	
Members-at-Large	Bob Bunting	Angelo DiCesare
	Heidi Davidson	Rich Gelder
	Matt Hodgson	Les Klodnicki

9) New/Other Business

a) Jennifer O'Brien, a former HOC athlete who attended University of Windsor and is now a teacher and coach at the W. Ross MacDonald Institute for the Blind in Brantford, Ontario made a presentation regarding the inclusion of several visually impaired athletes into the Club. She explained the programme that she is currently using for her two athletes. She hopes that there is some way that these young people could be included in HOC training sessions. There are also several other visually impaired runners, as well as coaches, who are interested. It was decided that a one-year trial period would be the best way to implement this arrangement.

b) Monika emphasized the need for more **fund-raising endeavours** in the upcoming year. More than likely, chocolate bar sales will not be one of them.

10) Adjournment

Moved by Ralph Moulton, seconded by Patti Moore that the meeting be adjourned. Carried
Meeting adjourned at 8:45pm

Members in Attendance

Chris Brennan (parent)	Heidi Davidson (parent, director)	Bob Bunting (director)
Christian Brennan (athlete)	Angelo DiCesare (parent, director)	Alyssa DiCesare (athlete)
Sherland Forde (parent)	Monika DiCesare (parent, director)	Jeff Harrop (parent)
Kayla Harrop (athlete)	Hisako Haruna-Kaltsidis (parent)	Gesthika Kaltsidis (athlete)
Matt Hodgson (coach)	George Kerr (coach)	Judy Klodnicki (parent)
Katie Klodnicki (athlete)	Simone Mallett-Forde (athlete)	Pamela Mallett (parent)
Patti Moore (coach)	Ralph Moulton (director)	Jen O'Brien (guest)
Emma Rounq (athlete)	Phyllis Rounq (parent, director)	Rugare Shatei (athlete)
Bozena Wojciekian (coach)	Rhona Trott (athlete, coach, director)	Pauline Smith (coach)
Bill Urie (coach, director)	Christine Wallace (parent)	Lindsay Wallace (athlete)

Regrets were received from Rich Gelder (coach, director nominee) and Les Klodnicki (parent, director)

REPORTS

President – Monika DiCesare

As some of you know the business aspect of Hamilton Olympic Club has changed.

The biggest change is financially, the clubs largest money maker has been Bingo's and in the last 2 years the funds generated by Bingo has dropped by approximately 2/3's. Now in the last month or 2 it has increased slightly but not enough for it to make that big of a difference, at this time the board is guarded but hopeful that the numbers will continue to climb. We do understand that it will be unlikely that the Bingo's will ever bring us the revenue that it once did. The board will continue to monitor this and will evaluate it prior to each licence renewal.

The board has decided to do some other fundraising including selling of various products, applying for more grants, 50/50 @ Bulldogs & Tiger cat games, Comedy Club 54 and hosting TRACK MEETS. Currently we have 2 meets booked, Sunday, February 28/10 HOC will be hosting the Indoor MTA Championship @ York (We will need a large number of volunteers, HOC will provide a bus for transportation, a lunch and hours for High School Students). We will also be hosting the first MTA outdoor meet of the season Sunday May 16/10; we could also add an Allcomers Meet in the evening to generate more revenue. The MTA indoor season is extremely short this year, at the MTA AGM it was noted that there was not enough dates for all clubs that wanted an indoor meet. HOC asked if we could Host our usual McMaster indoor meet after the Championship and March Break the group thought that it was a good idea and we will try to host that as well. We also bid for the MTA outdoor Championship which we did not get, as well we bid on an X country meet which we won but a new club bid for it to tie in with a city event and we gave it up to them. We are also looking at running an Allcomers twilight series which we hope will generate some substantial funds. If anyone has any other suggestions please let us know.

McMaster has changed its way of doing business. 1a) The availability of Mac's facility has changed since last year, 2008/2009 session we were permitted to use the track for approximately 2 hours every evening (Mon-Thu). This season, Mondays & Wednesday we have approx 1 ½ hour available time before 9pm and Tuesday & Thursday we have approx 45 minutes available time before 9pm. For the Senior (Power/Speed Programme) it has proven to be a bit of a challenge however I believe the coaches

are handling the situation well. Senior (Distance Program) Defer to Patti, The Minor Track (Distance Programme) has also figured out how to work around this challenge. The Minor Track (Sprint Programme) Defer to Matt.

1b) McMaster has also changed their fee structure, last year it was agreed that HOC would pay \$2,300.00 for the season, this year McMaster has decided with the number that we presented they wanted over \$7000.00, more than 3 times higher than last year. Their calculations have the Seniors paying \$120.00 and the Minor Track would be \$50.00 for the indoor season (Included in this; the indoor track, squash courts, sauna, gym, outdoor track and the pool all available during the OPEN Times). We are still trying to negotiate a rate reduction for the Senior Distance Programme due to the facts that (a) they will be outdoors till after Christmas (b) if the weather is good they would likely be outdoors most of the time.

The club can't afford to pay for this; the board decided that this cost must be covered by the athlete. The Board has also decided any away meets will need to be covered totally by the athletes i.e. National Youth and Junior Nationals. Starting in January the Athletes that going to York Univ. on Tuesday evenings, parents will be expected to take turns driving to Toronto. Athletics Ontario has also increased *its rate and because of all the new expenses HOC will not increase it's membership fees*. It's also the expectation of the Board to look more as a team or unified group this would mean any travelling done by Senior HOC athletes and coaches will wear like clothing i.e. same colour/style shirts, pants and skirts. The senior athletes will also be expected to wear a HOC warm-up suites and clothing for all meets; it is our hope that with fundraising the club is doing we can offset some of the costs.

Bill Urie and I attend a Sport Hamilton (Pan Am) breakdown meeting in the spring, where we were given information explaining the Pan am Bid. Phyllis Rong, George Kerr, Bill Urie and I attended a Sport Hamilton information session which was informative as far as where the city plans to spend its money. This fall Heidi Davidson, Bill Urie and I met with the city staff and Alderman Tom Jackson regarding MSP and the condition of the track. The city states that the condition of the track with exception of the triangle behind the throwers cage and the last 20m. Of lane 8 is normal wear and tear. This was also confirmed by the technical advised that advises for AO (OTFA). HOC does not agree with all of these statements but at this point we are waiting for them to fix these areas which the city and alderman state will be completed by early April 2010.

Hamilton has experienced some great news lately and HOC was one of the few Hamilton clubs represented at the announcement of the Pan Am games. Bill, George and I also attended the announcement of the Hamilton Sports Hall of Fame. HOC having a presence at these events is very important; the people from the city will know who they are dealing with and what are expectations are. The Board has also decided to adopt the head coach model for the club, this individual will stream line things between the coaches and the board and at this time I am happy to announce Mr George Kerr is HOC's New Head Coach.

Any questions on the head coach model I will defer to George and he will speak to this later.

At this time I would like to announce the retirement of Mr Ralph Molten from the HOC Board. He has served as Treasurer for years and as a Board member for years. Ralph has said that he would be willing to help us with meets in the future. Ralph on behalf of HOC and the Board I would like to thank you for all your time and hard work!!!!

Secretary – Rhona Trott

At the AGM last year, a board, with fourteen members, was elected. The Club administrator, Louise Murray-Leung, stepped down from her position at the end of January and another member left in May. During the year, eight meetings of the board of directors were held: one was a planning day with the coaches; another, a planning day with the board and one coach who made two presentations. The average attendance was seven members.

In July, a former president of the Club, Tom Tucker, died. His sons, Bob and Ray were active in track and field, not only with the Club and their high school (Westdale), but also continued their family tradition of “giving back to the community”, by becoming coaches in their new hometowns: Brockville and Brantford, respectively. Bob is still involved in athletics as he is the president of the Ontario Legion Association.

This past winter, HOC hosted an MTA meet at McMaster and conducted a very successful provincial Legion championship meet at Mohawk Sports Park.

We were also very fortunate this year in that one of our MTA parents became a board member. She brought with her a husband who has become very dear to most of us. On behalf of the board of directors, athletes, coaches and parents, I would like to thank Scott Davidson for the fantastic job he has done with keeping our website up-to-date with news and photos making it a truly informative site to visit.

83rd AGM – 09.12.07 – 3/ RTrott

Membership – Rhona Trott

Athletics Ontario members:	full year	20	indoors only	11	
	university	1	summer only	7	
	cross-country only	4	AO + MTA	6	
	OFSAA only	1	recreational	1	51
MTA members	full year	5	indoors only	12	
	cross-country only	11	summer only	6	34
YDP members	spring	15	fall (new)	10	25
Masters members	full year	1	recreational	4	<u>5</u>
Total membership in the Club for 2009:					115

Bingo Report – Rhona Trott

Treasurer, Ralph Moulton, will fill you in on the financial aspect of our involvement in Bingo.

I would like to mention how important it is that you not only sign up for a bingo slot, but also that you actually appear. It is only two hours out of one afternoon or evening. Since we only need two people at each event, all of us should be able to come once – if it's two people per family ie mom and dad, parent and older sibling, athlete and friend (over 18yr old).

It is very frustrating to keep phoning and emailing people with no feedback. You can see that we are into the 2010 calendar, yet all the names listed are for 2009 assignments!

The letter sent home states, "not signed up equals not entered in meets". That's a bit tough; HOWEVER, 2009 athletes who have yet to do a bingo slot WILL NOT be entered in meets until a commitment is made. This may sound harsh, but bingo is our main way to raise funds for the athletes' activities.

Treasurer – Ralph Moulton

Ralph went over a few of the items listed on the statement.

Most questions that arose were concerning the equipment purchased and why it was listed in two places. Further explanations regarding the Trillium grant were given.

83rd AGM – 09.12.07 – 4/ RTrott

HAMILTON OLYMPIC CLUB
Income Statement 11/1/2008 to 10/31/2009

REVENUE

Membership Fees	25,670.00
AO fees collected	3,132.00
Uniform/Clothing sales	510.00
Meet entry revenue	1,509.97
Athletes' payment of expenses	3,532.39
Equipment rental	475.00
Bingo Revenue	17,275.61
Nevada Revenue (Net)	1,081.20
Trillium Grant	3,000.00
Interest Revenue	1,057.08
Other revenue	223.36
Transfer from savings	<u>442.92</u>

TOTAL REVENUE

57,909.53

EXPENSES

Program Costs

Airline travel	4,728.50
Bus rental	2,730.00
Car rental	1,000.10
Gasoline	207.28
Accommodations	5,577.37
Parking (not McMaster)	149.50
Mileage	928.68
Meal allowance (coaches)	300.00
AO Memberships	3,025.00
MTA Membership	545.00
Entry fees	7,921.18
Facility rental	586.50
Equipment Purchases	2,123.56
Trophies & Awards	<u>307.36</u>

Total Program Costs

30,130.03

83rd AGM – 09.12.07 – 5/ RTrott

General & Administrative Expenses

Membership refund/NSF cheques	868.68
Coaches' Honoraria	4,610.00
Coaches' training	390.00
Parking at McMaster	727.00
AO mem.(club,coaches,exec)	612.50
Advertising & Promotions	1,039.50
Courier & Postage	207.54
Insurance	5,147.28
Interest & Bank Charges	122.77
Office Supplies	650.57
Office support	6,036.63
Bingo Float	0.00
Miscellaneous	11.29
Non-program mileage	59.40
Telephone	48.95
Uniforms and Clothes	<u>1,080.00</u>

Total General Expenses

21,612.11

Trillium Expenses

Equipment purchase	4,868.34
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Accounting	346.50	
Administration	<u>2,100.00</u>	
Total Trillium-funded expenses		<u>7,314.84</u>
TOTAL EXPENSES		<u>59,056.98</u>
NET INCOME/(NET LOSS)		(1147.45)
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	Bank Accounts				
	Bingo	General	Nevada	Petty Cash	Investments
Opening balance Nov. 1, 2006	28,233.81	2,071.60	3,322.45	413.00	45,552.14
Opening balance Nov. 1, 2007	8,242.66	1,400.29	1,558.85	289.43	40,482.08
Opening balance Nov. 1, 2008	3,297.82	3,666.82	515.14	271.85	37,204.62
Closing balance Oct. 31, 2009	2,278.62	3,448.73	421.69	243.14	36,761.70

NOTES

The existence of investments demonstrates organizational viability, a necessity for Trillium grants
Included in the General bank balance is the sum of \$1407.56, received from Trillium,
that has not yet been spent

COACHES' REPORTS

Youth Development Programme –Bozena Wojciekian

The YDP involves children from eight to eleven years of age. It is a fun programme that emphasizes an introduction to the more popular events of track and field. There is a lot of internal group competition between some of the athletes and they are usually involved in the athletics programmes at their respective schools.

Any athlete, who wishes to take part in one of the MTA events, would be able to do so provided the MTA insurance and entry fees were paid by the parents.

Throws Group – Bozena Wojciekian

Besides helping with the MTA children on a regular basis throughout the summer, there were only two people who trained year-round at the throws.

Katie Klodnicki did very well in the indoor season, setting an Ontario record in the weight throw for youth aged girls. Outdoors, the target was making the World Youth team that went to Italy. She was very close, but, unfortunately, a small injury kept Katie from reaching the required distance. Her accomplishments throughout the summer, however, showed consistency and she placed in the top six in

all but one meet. She won both the hammer and discus events at the AO youth level, came 6th in discus and 7th in hammer at the Canadian Junior Championships and finished third in both events at the Canadian Legion Championships.

The distances achieved were good, but both coach and athlete were disappointed in the overall results. Katie is committed to doing well and has a determined outlook towards both training and competition. Katie has received a nomination in the Athletics Ontario awards youth throws category for 2009.

Bozena is a bit disappointed that the financial situation of the Club is so bleak that athletes will have to pay for everything next year. If the athlete is good, some leeway should be given to helping with costs so that attendance at major meets can be ensured.

Masters Group – Rhona Trott

The masters group started with five athletes last November. One was continually over-training, thus getting injured, so he ended up training on his own. Another, who was often injured due to playing indoor soccer, was sent on a work mission to Korea by her employer, so she ended up doing very little. Another, spent both indoors and outdoors experimenting with various events, so he trained constantly, but did not compete. One, who had never run before, worked very hard and showed significant improvement in all distances from 800m to 3000m, even running a 5km road race in the fall. She ran one 3000m race indoors and set a huge PB. It is hoped that the latter two athletes will see some serious competition in 2010.

The fifth masters athlete had a very successful year. She set Canadian age group records indoors in the 60mH, weight throw and pentathlon, as well as several meet records at the OMA championships. Outdoors, she continued to set Canadian age group records in the two hurdles events, weight throw and pentathlon, while setting five meet records in nine events at the OMA meet and three meet records in four events at the CMAA championships. At the World Masters Association championship meet in Finland, she came fourth in 100m and 80mH and won a bronze medal in 300mH.

The WMA indoor championship meet is being held in Kamloops, British Columbia from March 1 – 6, 2010, so she is hoping that other HOC coaches will be able to help her with the jumps and hurdles.

Much gratitude is expressed for all the help and instruction that coach, Bozena Wojciekian, has given in helping improve results in all five throwing events.

Middle Distance – Patti Moore

Continuing into the winter with new athletes arriving during the cross-country season, the high school group remained at a steady 15-20 athletes competing at distances from 400 to 3000m. Over the course of the year we picked up athletes until cross-country when we settled at 22 runners.

Relay Championships Feb 8

- 3rd place finish sprint medley jr girls underage group of Meg, Rhianna, Aimee and Sarah Simms

BMJ

- 6 top twelve performances between Marissa, Becky, Aimee and Adam

Outdoor Track-Scholastic

- Seven athletes qualified for South Regionals, the final selection for OFSAA, many personal best performances and near-misses for qualification.
- In the end three moved forward to OFSAA. All performed really well, reaching their season and personal best performances at that competition.

- Aimee, Adam and Meg finishing 10, 11, 12 respectively in their primary events, with Meg and Adam doubling in the 4x400 and 1500 respectively.

Legions

- On a weather-challenged qualifying day, Marissa and Alec managed to put themselves through to the HOC-hosted provincial meet.
- Marissa finishing 9th in the 400
- And Alec running a strong 3000 for a personal best and 7th place finish.

National Juniors

- Only Aimee qualified for national juniors, in the 800, and learned much in her first national track competition.

Cross Country

Began x-c training in mid-August, quickly evident that the training group would be larger and deeper than in the past, particularly strong boys group – 15 boys. This supported the results we saw throughout the season. No superstars in the group but lots of strong runners amongst them. The group is led by the six senior boys who demonstrated so much leadership in setting the pace, demonstrating a work ethic and encouraging their team mates.

We had six intrepid girls who turned in lots of good performances, but we need more for training group.

- Strength of the training group was demonstrated mid-season at a meet hosted by MAC on our training grounds at Churchill. The club had 16 athletes participating for their schools. Of those 16 we had 7 top ten performances in fields that all exceeded 100 runners.
A highlight for me was the senior boys race, the largest of the day with 250 competitors. Our six athletes used the home field advantage with all six finishing in the top 25, claiming the 7, 13, 18, 20, 21, 23 places.—all in different school singlets but definitely running as a team.
- Largest HOC contingent at OFSAA in my years with the club, 12 athletes qualifying from three different association meets.
- Led by two top 30 performances from Liam (32) and Meg (38), whose teams finished 6th and 2nd respectively out of 40 teams.
- Another 16 athletes competed at the club provincial championships in King City with a strong 5th place showing from the grade 9/10 boys, led by Adam in his strongest x-c performance of the season.
- Aimee Castro has graduated successfully to McGill University she is studying sciences and where she was recruited to their track and cross-country teams. She finished the x-c season in Kingston at the National Championships finishing fourth for her team.

MTA Sprints – Matt Hodgson

Matt arrived in the summer to help out with the MTA sprint group. For him, this was quite an eye-opener as he was more used to university-aged athletes.

The focus of this group is to introduce them to track and field, in general, if they are new to the Club; otherwise, advances, to the techniques already learned, were to be the key.

During the summer, his group worked well with the MTA middle distance group, plus several athletes worked with Bozena to improve their throwing abilities, or with Tom Bereza for jumping practice.

Matt felt that the kids had fun, improved their technique and did well – especially at Canusa.

MTA Middle Distance – Pauline Smith

The MTA group consists of atom and senior aged athletes, only.

It should be remembered that even though the athletes are training in the middle distance group, they are still trying to find the events in which they enjoy competing and events in which they are most

successful. With the maximum allowed events at any meet being three (two track, one field), some athletes never repeated the same event throughout the competitive season.

I think it is also safe to say that most athletes enjoy attending meets, but at this level, their best results/placings were within the school system where all athletes excelled. The majority of the group was also in the first year of the two-year age group.

The indoor session: I was only partially involved and did not attend all meets and not all meet results were received.

The outdoor session: we had 15 athletes training in the middle distance programme – eleven girls and four boys.

At the first meet, the Gord Rusby Memorial in Burlington on May 16, we had some successes as Kylie Hopkins came second in the SG 200m, Chloe Hewitt was second in the AG 200m and Jenna Smith second in the SG long jump.

The results were not posted for the Guelph meet on May 31.

We attended the 'standards' meet on June 13 and would probably not attend again. Results were not posted and were never available on the web site. Standards used at the meet were different than those that the club had. Many atom and senior athletes should have received ribbons, but the meet directors ran out and preferred to give them to the younger competitors.

At the MTA Championship Meet on July 18, the most notable performances were from Chloe Hewitt who place sixth in the AG 400m and Kylie Hopkins who came eighth in the SG 400m

Canusa was very much a success this year with many athletes posting personal bests or trying completely new events. My personal favourite being the G10-11 4 x 100m relay, made up of four middle-distance runners (two from HOC and two from Hammerheads), who almost broke the Canusa record for the event.

The cross-country season brought lovely training weather. We had 16-18 athletes – seven of them new. Although there were no notable placings at the MTA championships, all athletes placed in the top eight at the school level competitions, with many of them medalling: Chloe Hewitt, Jenna Smith, Kylie Hopkins, Camille Deghan and Amanda Vertesi.

Kyle Gonci, who started training in mid-summer, qualified for SOSSA.

Jackson Drysdale won the school 1500m and cross-country in very respectable times. I hope he signs up for the summer session, again.

Cameron McMillan has been in the States over the fall and, by all accounts, has been having a very successful cross-country season.

Sprint/Power Group – George Kerr

2009 was a year of transition in the Senior-level Power & Speed Program. We (as a group) had a year where new athletes came into the program and found some success along with some of the athletes who had been with the program previously.

As a club coach, it seems necessary to make the message clear to our athletes who train with us that while the high school competitions are good and serve as great preparation for our indoor or outdoor seasons, the focus of our programs is (and should always be) club competitions. OFSAA seems to be the focus of many of our athletes and while it is one of the highlights of their season, it is only the beginning of our competitive outdoor season from a club's perspective.

Looking at some of the results of our athletes last year, OFSAA seemed to be where most concentrated their efforts and as a club coach, this has me a bit worried and disappointed as there's so much more to the competitive year than OFSAA.

That said, let's look at the season in review. Our heptathlon athletes (Lindsay Wallace and Chantelle Robbertse) had very encouraging results in these events. Lindsay in particular showed tremendous improvements as the year progressed in the Hep. Posting 5 PB's in the final competition of the outdoor season at the Legion/Youth Championships in Sherbrooke. Gesthika Kaltsidis overcame huge obstacles to not only compete this past outdoor season but was competitive at the Youth/Legion Championships as well. Emma Roung was a similar story... coming back from an year-long injury to compete at these same Championships.

Looking at what HOC athletes did at the high school level, we had athletes who competed and did well at the high school level. HOC athletes who competed at OFSAA this year included: Lindsay Wallace; Conor Fanning; Gesthika Kaltsidis; Alyssa DiCesare; Chantelle Robbertse; Michele Vandermeer; Kurt McClure; Steven Murray; Kayla Harrop... Michele Vandermeer winning 3 medals in LJ, TJ and HJ and Steven Murray who won a gold medal in the junior boys 400m.

The problem with this is that many of these athletes looked at OFSAA as the crowning achievement for their year while (as a coach) I look to these same athletes to go on to Provincial/National Youth Championships, Provincial/National Junior Championships and Provincial/National Senior Championships and do well in their events. In future years, the opportunity to represent the club at the more prestigious National Championships will need to have more stringent rules in order to make sure that we are sending athletes to the competitions that more suit their talent and abilities. We, as a club, cannot just send athletes who are simply going to some of these competitions to participate. We need to make sure that the athletes going to the competitive championships are there to compete. Far too often of late, athletes seem to be going to competitions to participate than being there to be competitors.

Last year as I gave my wrap-up as to 2008 in review I glanced around the room only to see some of the people in the room making comments about the message I was trying to deliver. Some of the importance in my comments seemed lost on a few. I'm sure there will be some in here again who (as I deliver my message again this year) will act the same and think that I'm just being arrogant and brash... partly because they don't like me, partly because they figure that their son/daughter should be doing going to every competition that comes along but we need to change our focus and see the real picture.

I had a great opportunity this past summer to be a part of the coaching staff for the World Youth Championships in Bressanone Italy. I got to be around some of the greatest 16 and 17 year old track and field athletes in the world. I watched how hard they worked and spoke to some of the coaches who were there who told me about their athletes' work ethic and sacrifices made for some of those athletes to get to that competition and I felt truly humble to be around those up and coming athletes (not just Canadian athletes either) for the hard work and dedication they put into their efforts just to get to this moment. It was at that time that I knew things had to change (from a club perspective and for me personally from a coaching perspective) if we are to make a change and go forward. We need to prioritize and reward efforts based on accomplishments and athlete needs not merely the athlete's

or coach's aspirations. This means sending athletes to competitions more geared to their abilities and not where we hope they should be.

A few weeks ago I attended the Athletics Canada Technical Congress which turned out to be a very informative session crammed into 2 days of learning in which direction Athletics Canada is now going. Constantly changing, as it has from last year to this year, the priorities of AC have once again shifted. While they are going into the 2nd year of the quadrennial (4 year) plan (London 2012), they have also recognized that they greatly need to implement a program for long-term thinking and planning for athlete development.

What this means: Identifying & Directing Talent... the long-term plan

- Identifying the major component for each event category
- Identifying the coaches to develop the athletes at the various levels
- Creating and sustaining partnerships and relationships thru the CIS program, PSO's and clubs (coach lead system)
- Coaching intuition (relying on a coach's recommendation or belief in a certain athlete(s))
- At what age do you identify talent
- Education to teachers (through certification)
- Promoting and directing kids (through a graduated system)

In the grand scheme of things, the thinking is such that these steps need to be implemented

Identifying Objectives:

- 1) Coaches
- 2) Athletes
- 3) Element of events

Coaches and athletes need to become a part of a data base where a coach knows where certain athletes are who are performing well in a given area (sprints, LJ, TJ etc) and direct

athletes to those specific areas and that the athletes know what is available to them and where they can access their needs

Enhancing Athleticism in all Stages (Program Components) LTAD

- Doing the right things at the right times (coaching education)
- A multiple-event approach prior to specialization
- Parental responsibility
- RJT Program
- Encourage reaching out

Developing the difference-makers in mobility, coordination rhythm and power

- Genetics (what role does it play)
- Athlete – on being an athlete and encouraging diversity
- Program design (do you have what the athlete needs or wants)
- Open to other ideas in sports
- Accessibility (do you and the athletes have access to what's required for the coach and athlete to maximize your potentials)
- Keeping records and re-evaluating what's going on and keeping the recording constant
- Inter-athlete variability (are athletes able to come into your training program from other sports and have opportunity to excel or vice versa)

Global Trends in High Performance Sports

How is your sport changing?

How does the change in trends at the top affect your coaching?

What makes it work?

How do I look at High Performance Sport?

The key Ingredients to all of this are:

- Who are your coaches and athletes
- Do you have a strong domestic program
- Do you have proper facilities (and do you have access to the elements you require)
- Do you have access to sport sciences/sports medicine and latest technology
- What is the role of governance and administration

As a follow-up to the Technical Congress, this past Thursday evening I attended a meeting in Toronto for the High Performance Speed Coaches in the GTA. In the room were some of the top coaches in the country who are working with the best groups of sprinters in the province (and in many cases in the country as well).

The initiative being taken in this sense is to work together to help to produce the very best group of sprinters coming out of the country from a collaborative standpoint. Since we all have our strengths as some of the country's best sprint coaches, the whole idea is to maximize our knowledge by coming together and bringing the best ideas we have to train the best athletes we have in the sprints/hurdles/relays so that we can return Canada as one of the best programs in the world.

Conclusion:

I have recently accepted the position as Head Coach of the Hamilton Olympic Club. It is my hope that in so doing, we (as a Club) can become a more efficient entity. Currently, I see gaps in a system that fails the people it was designed to assist the most, those being the athletes. I know that we (the coaches) have our difference in opinions as well as I'm sure that some who may not like the fact that I've been given this role. To me, that's not what is of importance here. What is most important has been and should always be what's best for the athletes and the club itself.

I'm not here to be "king of the hill." What I hope to accomplish is to bring unity to the club through all aspects of what I feel is necessary to keep the club sustainable while providing the best possible experiences for the athletes. By this I mean not only through training and competition but also through providing a very positive experience that these athletes can remember for the rest of their lives. We need to provide a club that promotes itself through various avenues... the top quality coaching we can provide to the athletes, suitable competition geared towards their abilities and needs, positive experiences (whether that be through friendships created in training, training itself or competitions, positive coach-athlete relationships, and a positive frame-work for their future) and the ability to grow not only through athletic endeavors but as good role models and outstanding citizens and representatives of the City of Hamilton.

As I see things currently, we are fragmented... not only by thoughts and actions but by the mere fact that we do not see the sum of the parts. There are gaps in our system that does not allow for athletes

within our club to make use of all the strengths we have in our club. The history of this club has been to always see things from an individualistic point of view but in so doing, we fail to see that a collaborative approach will not only strengthen what we currently have but pools our resources to enhance the potential of each athlete within the club. We need to get away from the concept of coaches taking ownership of any athlete... the athlete belongs to HOC. The athlete joins the Hamilton Olympic Club, not Matt's training group or George's training group. Such thinking is very wrong.

Athletes should not be afraid to speak to any coach within the Club for assistance in any discipline, in fact, athletes should be encouraged to do so if there happens to be any cross-over whatsoever. I find that I have become a cross-over coach who is having to move away from my strength as a sprints & hurdles coach to cover jumps and throws as well. If we have coaches within the Club who are coaches for those specific events, I do not understand why it would make sense for me to be trying to coach those events that are not my area of expertise. These are some of the issues I hope to overcome.

As well, we need to realize how to stop losing athletes who fall through the cracks of our current system. We have a feeder system in place. The YDP program should serve as a base for our MTA programs which in turn should feed our developmental senior programs. This is not currently happening, nor has it since the inception of the MTA/Intermediate program years ago. As the Head Coach, these are the major issues that I'd like to see corrected so we can have a more effective Club Structure.

HOC has been in the heart of track and field in Canada for decades. As the longest serving track and field club in the country, I hope that taking some of these initiatives will start to lead us back on the path to once again becoming a "hotbed" of the sport both locally and nationally.

With Hamilton being host to the Track and Field portion of the 2015 Pan-Am Games, it's time that we as a club understand what it will take for any of our local athletes to be a part of that team and work together to provide opportunities for current and future Club athletes to be a part of history in front of a "home-town crowd." The athletes themselves will have enough obstacles trying to be the best they can be to make future national teams, wouldn't it be great to see some "local, home-grown" athletes who got there through the development of HOC coaches and administration.

I will be (from time to time) hoping to have coaches' meetings to see where we are at in terms of training plans, coaches-athletes competition plans etc. so I can pass that information on to the Board. Part of my role as Head Coach will be to sit with the coaches and see where they and their athletes are at in terms of goals for the year and relating to the board the need for the individual athletes to be at certain competitions based on pertinent criteria. I hope that this will be something that all coaches will be open-minded to so that we can make sure athletes get to where they need to be based on ability, qualification, coach's recommendations etc.

In the end, I think that this process will lead to a better and stronger club where athletes, coaches and the club itself will find more positives than negatives all around.

Report from Athletics Ontario Annual General Meeting – Bill Urie

The AGM of Athletics Ontario was held on December 05, 2009.

Various reports were given, of which some of the main highlights were:

All information from meets can be downloaded through the 'team manager' programme

AO is challenged financially as \$45 000 of funding is no longer being given

There may be a chance to use the AO registration fee towards the Ontario child tax credit

The present NCCP certification programme for coaches will be completely changed by April

There is a new process to deal with athletes changing clubs – even at year's end.

With the implementation of the HST, the AO membership costs will increase.