

Winnipeg Optimist Athletics

2009 - 2010 Handbook



Table of Contents

ACKNOWLEDGEMENT	1
MISSION.....	1
CLUB PROFILE	2
WOA COACH REPORTS FOR 2008/09.....	4
UPDATE ON FORMER ATHLETES	11
ATHLETES NAMED TO TEAMS	12
AOTC/WOA CLUB RECORDS.....	13
NEW PROVINCIAL RECORDS IN 2008/09.....	13
WOA ANNUAL AWARDS, 2007/08	14
ATHLETICS MANITOBA UPDATE, 2009/10.....	15
ANNUAL AWARDS BANQUET FOR 2008/09.....	16
WOA AWARDS/SCHOLARSHIPS.....	17
WOA-HOSTED EVENTS.....	20
VOLUNTEER REQUIREMENT	21
FUNDRAISING OPPORTUNITIES.....	22
UNIFORM NEWS.....	24
TRAVEL OPPORTUNITIES	25
PARENT CHAPERONES.....	25
WOA ATHLETE TRAVEL POLICY	26
INDOOR SCHEDULE FOR 2009/10.....	27
WOA PARENT EXECUTIVE FOR 2009/10	28
WOA COACHING STAFF FOR 2009/10	29
MEMBERSHIP FEES FOR 2009/10.....	30

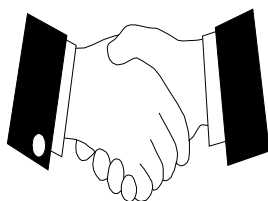
ACKNOWLEDGEMENT

Winnipeg Optimists Athletics (WOA) gratefully wishes to acknowledge the support it has received from its partners:

The Optimist Club of Assiniboia Athletics Manitoba Boeing Canada

We extend a very sincere thank you on behalf of all the athletes, coaches and parents.

You are all indeed, a “Friend of Youth”.



MISSION

The mission of Winnipeg Optimist Athletics, through its coaches, Parent Executive and partners, is to support athletics excellence and to provide opportunities for Manitobans to experience the challenges of athletic development.

INVITATION

Athletes and their families are welcome to attend the monthly Parent Executive meetings, as well as the Annual General Meeting.

WOA and Athletics Manitoba Registration for 2009/10 will take place as follows:

- October 27/28, 5:30 – 7:00 pm
- Seminar Room B, 2nd Flr, Max Bell, University of Manitoba

Athletes and Parents are invited to the **WOA AGM for 2008/09**, which will be held Wednesday, October 28, 2009 at 7:00 pm in Seminar Room B, 2nd Flr, Max Bell (immediately following Registration).

CLUB PROFILE

In the beginning ...

In the late 1970s, the participation by Manitoba students in track and field was low. There were few high-level coaches and athletics clubs available for students whose schools did not offer track and field or for athletes striving to reach higher levels of excellence than could be obtained within the school system. There were even fewer opportunities for athletes to compete during the indoor fall and winter seasons. More indoor track meets and a milieu that encouraged students to participate and excel in track and field were required.

In 1979, former track athletes **Larry Switzer**, **Greg Hershman** and **Wayne McMahon**, along with **Jack Parrington**, formed Assiniboia Optimist Track Club (AOTC) with support from the Assiniboia Optimists. Winnipeg and Manitoba needed a track and field club with highly qualified coaches, who were available year-round.

AOTC offered the opportunity for personalized coaching and more competitions. With funding from Boeing Canada, Larry, Wayne and Greg organized and ran the first Boeing Indoor Track Meet in 1981 in the Minto Armoury.

In 1995, the club name was changed to **Winnipeg Optimist Athletics (WOA)** to better reflect the wider-based support of our founding partner.

In recent years ...

WOA has an annual membership of approximately 80 - 100 dedicated and goal-oriented athletes and coaches, as well as a hard working parent executive. As a track and field club, WOA is proud of the support it provides to its athletes and the athletic community through coaching and services.

Coaches are encouraged and offered support to attend upgrade clinics such as the annual Athletics Canada Technical Congress.

Winnipeg Optimist Athletics offers the following:

- Certified NCCP club coaches with Provincial and National team experience, providing specialized coaching in all track and field disciplines, as well as a multiple events program. In past years, WOA coaches have also received Manitoba "Coach of the Year" nominations and awards.
- 100% coverage of all local meet entry fees, and up to 50% for national competitions (see page 17 for more details).
- Opportunities for athletes of all ages to develop their maximum level of excellence, while building character and fostering the ideals of good sportsmanship.
- Fundraising opportunities and an athlete account where funds can be accumulated (and often matched by the Club) to offset future expenses related to training, camps, and attending out-of-town competitions.
- Annual banquet recognizing athletes' achievements, including awarding a post-secondary academic/athletic scholarship and performance-based funding
- Leadership role at Legion Athletic Track Camp at International Peace Gardens
- Official meet organization for the Boeing Classic, Provincial Indoor Track & Field Championships

Former Contributors to AOTC/WOA

Chris McCubbins, an affiliated coach with WOA and a great supporter of our sport, passed away on August 21, 2009. Chris was diagnosed with AML in February 2009 and was hospitalized at the Health Sciences Centre. In May 2009 WOA supported the HSC Foundation GD6 Leukemia Ward 5KM Race / Walk and made a donation on behalf of Chris.

Chris was a successful US collegiate runner in cross country and steeplechase events. Chris was ranked as Canada's top runner at distances from 5 km up to 20 km during the 1970s and 1980s. He was the gold medalist in the 3000m steeplechase at the 1967 Pan Am Games.

Cliff Palmer, a long-time member of the Parent Executive Committee in the late 1980s, passed away on September 19, 2009. Cliff was an active volunteer and major participant in Assiniboia Optimist Track Club (now Winnipeg Optimist Athletics). WOA made a donation to The Bridge Church Benevolent Fund in memory of Cliff.



WOA COACH REPORTS FOR 2008/09

(Available at time of publication)

Jumps and Combined Events Group 2008/09

The following group was coached by **Dallas Mooney, Melanie Gregg and Wayne McMahon** with lots of help from **Russ Zacharias and Scot Dressler**.

First year senior, **Joshua Gundrum** finished the year with some strong personal bests. At the Canada Summer Games, Josh finished a close 4th the Triple Jump with a personal best of 14.61m and was seventh in the Long Jump with a 6.87. Two weeks prior, Josh recorded a personal best of 7.08m in the Long Jump at the Tri-Province Meet. Josh also had strong performances at the National Senior Championships.

Also competing strongly at the Canada Summer Games were **Arthur Buchanan** – Decathlon and High Jump, **Rhys Lautenschlager**- Decathlon, **Deondra Twerdun** – Shot Put and Triple Jump, **Tyrone Welchinski** – High Jump and Pole Vault, **Alexandra Allen** – Pole Vault and Heptathlon and **Meredith Stoesz** – High Jump.

Earlier in the season **Arthur Buchanan** captured the High School High Jump event at 1.90m. Combined events athlete, **Curtis Finsson** finished second in the Hurdles in a photo finish in the Senior Boys event. **Alexis Prichitko** finished second in the Senior Girl's High Jump.

Scott Entz represented Manitoba at the National Legion Meet.

Vitaliy Bilenko made good progress in the Pole Vault with 3.40m at the Manitoba Age Group Championships. Vitaliy finished 2nd at the Western Canadian Midget Championships.

Highlights of the PeeWee, Bantam, and Midget “Train to Train” Group in 2009

The “Train to Train” group was a new initiative to develop more opportunities for young athletes in the club and utilize the “Long Term Athlete Development Model” developed by Athletics Canada in our programs. Athlete in this group trained up to a maximum of three times a week laying a broad base of skills and motor abilities for their future as athletes; especially postural strength, speed and power. As athletes finished their growth spurt they are progressed to specialty event groups for more intense and specialized training.

The program was led by **Wayne McMahon** who planned workouts that were delivered by coaches, **Stephen Katapodis, Marek Glowacki, Andrew Augustyn, Sabrina DeThomasis, Peggy Hamilton and Peter Stovel-Robertson**.

Athletes included: **Alyssa Bewski, Jessie Burrows, Vienna Code, Tyra Duma, Brennan Fostey, Quenton Hurdal, Kyle Leech, Noelle Merkel, Levi Sader, Brayden Schindell, Samantha Semchyshyn, Jeremy Semchyshyn, Tommy Semchyshyn, Katie Staub, Matthew Taylor, Lauren Wiebe, Connor Zubrecki, Lauren Hower, Brett Nowrang, Skylar Nowrang, Adrienne Cenerini, Brodie Whyte, Christian Madrid, Dane Stovel-Robertson and Quinn Stovel-Robertson**.

While the goal was to lay a foundation for future training and competition most of the group made tremendous gains. Kyle, Jessie and Matt were the first to move to new groups at the end of the indoor season.

Levi Sader dominated age group sprints and went on to capture the bronze medal at the National Legion Competition in the Midget 400m with a 52.63.

Katie Staub was a medalist at the National Legion Competition as part of the Medley Relay, also finishing 8th and 9th in the 200 and 100m. Katie was third in the Junior division of the High School Championships in the 200m and set the Indoor Midget 150m record at the Boeing Indoor meet.

Tyra Duma and Brodie Whyte were part of the Manitoba contingent to the North American Hershey Finals finishing 4th as part of the 4 X 100m team.

The whole group made large gains in performance and hopefully laid a firm foundation for later successes.

Pole Vault Group - Coach Scot Dressler



- Rossel Saborin: New UofM Record and PB of 4.69m, 2nd Place Finish at Canada West Championships, 5th place finish at CIS Championships
 - Josh Logozar: PB of 3.55m, Placed First at the Canada Games Trials
 - Steven Barios-Novak: PB 3.10m
 - Scot Dressler: Placed 1st at Canada West Championships
-
- Victoria Robson: Placed 1st at Provincials, Placed 8th at Sr. Nationals in Toronto, PB of 4.0m at Manitoba Beach Vault
 - Teresa Logozar: Placed 2nd at Provincials, Represented Manitoba at Sr. Nationals, Set New Canadian Masters Outdoor Record of 3.50m at Beach Vault.
 - Sarah Boila: Set New Youth/Jr. Provincial Indoor (3.28m) and outdoor (3.41m) Records, Placed 1st at Canada Games Trials, Placed 1st at Provincials, She Finished 13th at Canada Games with a jump of 3.30m, Represented Manitoba at Legion Nationals
 - Carissa Gauthier: PB of 3.20m
 - Mikaela Garfinkle: Represented Manitoba at Legion Nationals and Placed 3rd (3.10m) which is her PB
 - Taralyn Cook: PB of 2.95m

Sprint Group - Coach Shawn Cross

Michael Akins

He had a number of personal bests this year indoor and outdoor. He was ranked in the top 3 for 100 and 200m in his age group for Manitoba. Michael was selected to run the 100m at the Legion Nationals in Sherbrooke, QC and placed 12th with a time of 11.36 sec.

Natalie Vanderzaag

She had a number of personal best indoors in the 60m. A very hard worker, whose efforts should shine through this upcoming year.



Veronique Cromier

She had excellent results in the 60m and 200m at the Boeing Indoor Championship. She was one of Manitoba's best runners in her events before she decided to leave track.

Middle Distance Group - Coaches Scott Radley/Dave Huebert

Records Set

Indoor

Michelle Hebert	Midget Women	60mH	9.61
-----------------	--------------	------	------

Outdoor

Katie Lavallee	Midget Women	300m	42.96
Sara Sadowy	Midget Women	2000m	7:00.00
Michelle Hebert	Midget Women	80mh	12.10
Michelle Hebert	Midget Women	200mH	29.42
Eric Guy	Midget Men	100mH	14.55
Eric Guy	Midget Men	200mH	28.10
4 x 100m Relay (Michelle Hebert, Katie Staub, SW, AA)	Midget Women		49.89
4 x 400m Relay (Erin Teschuk, Katie Lavalee, Katie Takatch, Michelle Hebert)	Midget Women		4:07.95

Teams Made

Canada Summer Games

Erin Teschuk

Legion Nationals

Erin Teschuk
Michelle Hebert
Eric Guy
Catherine Cantin

Youth Dual

Renee Grondin
Patrick Beckett
Conrad Drover
Matt Taylor

Hershey Championships

Eric Guy
Josh Kohut
Joseph Lo

Western Midget Championships

Carlyne Millns
Michelle Hebert

Katie Lavallee
Katie Takatch
Janine Hebert
Lindsay Smith

Sara Sadowy
Eric Guy
Kyle Leech
Josh Kohut
Joseph Lo



Middle Distance Group - Coaches Scott Radley/Dave Huebert
Individual Performances 2008/09

Note: Asterisks indicate a provincial record performance

Patrick Beckett

- 3rd Athletics Manitoba Age Class Championships – 400m
- 4th Athletics Manitoba Age Class Championships – 200m
- 4th Manitoba Indoor Games – 400m
- 4th Regina Kinsmen – 400m
- 5th MHSAA Provincials – 400m

Marie-Andree Berube

- 4th Athletics Manitoba Age Class Championships – 300m

Catherine Cantin

- 4th Legion Nationals in Sherbrooke – 3000m
- 2nd Super Meet / Legion Trials – 3000m
- 2nd Athletics Manitoba Age Class Championships – 1500m
- 3rd MHSAA Provincials – 800m
- 3rd Athletics Manitoba Age Class Championships – 800m
- 4rd Super Meet / Legion Trials – 1500m

Ali Comeault

- 1st Manitoba Indoor Games – 60mH
- 2nd Manitoba Indoor Games – Triple Jump
- 2nd Manitoba Indoor Games – Long Jump
- 3rd MHSAA Provincials – Long Jump
- 3rd Boeing Provincial Championships – Triple Jump
- 4th MHSAA Provincials – 80mH
- 4th MHSAA Provincials – Triple Jump
- 4th Boeing Provincial Championships – Long Jump

Raven Cote

- 3rd Super Meet / Legion Trials – 400mH
- 4th Athletics Manitoba Age Class Championships – 400m
- 5th Athletics Manitoba Age Class Championships – 200m

Conrad Drover

- 2nd MHSAA Provincials – 800m
- 2nd Manitoba Indoor Games – 800m
- 4th MHSAA Provincials – 1500m
- 5th Athletics Manitoba Age Class Championships – 800m
- 5th Athletics Manitoba Age Class Championships – 1500m

Meaghan Fletcher

- 5th Athletics Manitoba Age Class Championships – 300m

Hannah Gaensler

- 1st MHSAA Provincials – 3000m
- 1st Boeing Provincial Championships – 3000m
- 1st Manitoba Indoor Games – 3000m
- 2nd Boeing Provincial Championships – 800m
- 5th MHSAA Provincials – 1500m

Liz Grant

- 7th Athletics Manitoba Age Class Championships – 400m

Renee Grondin

- 1st MHSAA Provincials – Javelin
- 1st Athletics Manitoba Age Class Championships – 100mH
- 2nd MHSAA Provincials – Tetrathlon
- 2nd Athletics Manitoba Age Class Championships – Javelin
- 2nd Athletics Manitoba Age Class Championships – 800m
- 2nd Super Meet / Legion Trials - Heptathlon
- 3rd Athletics Manitoba Age Class Championships – High Jump
- 3rd Super Meet / Legion Trials - Javelin

Bryarre Gudmundson

- 4th Boeing Provincial Championships – 300m
- 5th Athletics Manitoba Age Class Championships – 150m

Eric Guy

- 3rd Legion Nationals – High Jump
- 4th Legion Nationals – 100mH
- 5th Legion National – 4 x 100m relay
- 3rd Western Midget Championships – 100mH ****
- 5th Western Midget Championships – 200mH ****
- 1st Athletics Manitoba Age Class Championships – High Jump
- 1st Super Meet / Legion Trials – 100mH
- 1st Super Meet / Legion Trials – 300mH
- 1st Super Meet / Legion Trials – HJ
- 1st Manitoba Indoor Games – 60mH
- 2nd Athletics Manitoba Age Class Championships – 100mH
- 3rd Manitoba Indoor Games – High Jump

Janine Hebert

- 3rd Athletics Manitoba Age Class Championships – 300m
- 4th Boeing Provincial Championships – 800m
- 5th Manitoba Indoor Games – 400m
- 5th Manitoba Indoor Games – 800m
- 4th Regina Kinsmen – 400m
- 5th Regina Kinsmen – 800m

Michelle Hebert

- 3rd Legion Nationals – 80mH
- 4th Legion Nationals – 4 x 100m ****
- 2nd Western Midget Championships – 80mH ****

Michelle Hebert, continued

- 2nd Western Midget Championships – 200mH ****
- 1st Super Meet / Legion Trials – 80mH
- 1st Super Meet / Legion Trials – 300mH
- 1st Super Meet / Legion Trials – 4 x 400m ****
- 1st Athletics Manitoba Age Class Championships – 80mH
- 1st Boeing Provincial Championships – 60mH ****
- 1st Manitoba Indoor Games – 60mH
- 1st Regina Kinsmen – 60mH
- 1st Regina Kinsmen – 200m
- 2nd Athletics Manitoba Age Class Championships – 150m
- 2nd Boeing Provincial Championships – 150m
- 3rd Manitoba Indoor Games – 60m

Carmen Henry

- 4th Athletics Manitoba Age Class Championships – 100m

Sarah Huebert

7th Super Meet / Legion Trials – 400m

Joshua Kohut

2nd Super Meet / Legion Trials – High Jump

2nd Regina Kinsmen – High Jump

3rd Boeing Provincial Championships – 60mH

3rd Boeing Provincial Championships – High Jump

3rd Manitoba Indoor Games – 400m

3rd Manitoba Indoor Games – 60mH

4th Athletics Manitoba Age Class Championships – High Jump

4th Manitoba Indoor Games – High Jump

5th Super Meet / Legion Trials – 200m

5th Athletics Manitoba Age Class Championships – 150m

Carolyne Kroeker

5th Regina Kinsmen – 800m

Katie Lavallee

5th Western Midget Championships – 300m

1st Athletics Manitoba Age Class Championships – 300m **

1st Super Meet / Legion Trials – 4 x 400m **

2nd Regina Kinsmen – 200m

2nd Regina Kinsmen – 400m

3rd MHSAA Provincials – 400m

3rd Super Meet / Legion Trials – 400m

4th Super Meet / Legion Trials – 200m

5th Manitoba Indoor Games – 300m

5th Regina Kinsmen – 60m

Kyle Leech

2nd Athletics Manitoba Age Class Championships – Long Jump

3rd Athletics Manitoba Age Class Championships – 150m

3rd Super Meet / Legion Trials – 200m

4th Super Meet / Legion Trials – 100m

5th Athletics Manitoba Age Class Championships – 100m

5th Boeing Provincial Championships – 60m

Brad Legare

4th Super Meet / Legion Trials – 800m

4th Manitoba Indoor Games – 800m

5th Athletics Manitoba Age Class Championships – 300m

Joseph Lo

3rd Athletics Manitoba Age Class Championships – High Jump

3rd Athletics Manitoba Age Class Championships – Long Jump

Carlyne Mills

2nd Super Meet / Legion Trials – 80mH

2nd Super Meet / Legion Trials – Triple Jump

2nd Athletics Manitoba Age Class Championships – 80mH

2nd Manitoba Indoor Games – 60mH

2nd Manitoba Indoor Games – Triple Jump

2nd Regina Kinsmen – Triple Jump

3rd Manitoba Indoor Games – High Jump

3rd Boeing Provincial Championships – 60mH

3rd Athletics Manitoba Age Class Championships – Triple Jump

4th Regina Kinsmen – 80mH

Taylor Richtik

3rd Manitoba Indoor Games – 400m

Sara Sadowy

3rd Western Midget Championships – 2000m **

5th Western Midget Championships – 1200m

3rd Athletics Manitoba Age Class Championships – 1500m

5th Super Meet / Legion Trials – 1500m

5th Athletics Manitoba Age Class Championships - 800m

Lindsay Smith

2nd Athletics Manitoba Age Class Championships – 300m

2nd Manitoba Indoor Games – 800m

3rd Regina Kinsmen – 400m

3rd Regina Kinsmen – 800m

4th Super Meet / Legion Trials – 800m

4th MHSAA Provincials – 800m

Lindsay Smith, continued

5th Super Meet / Legion Trials – 400m

Katie Takatch

1st Super Meet / Legion Trials – 4 x 400m **

1st Regina Kinsmen – 400m

2nd Manitoba Indoor Games – 400m

2nd Regina Kinsmen – 800m

3rd Manitoba Indoor Games – 800m

4th Super Meet / Legion Trials – 400m

Matt Taylor

5th MHSAA Provincials – 800m

Erin Teschuk

2nd Legion Nationals – 1500m

2nd Legion Nationals – Medley Relay

3rd Legion Nationals – 800m

1st Super Meet / Legion Trials – 4 x 400m **

1st Athletics Manitoba Age Class Championships – 800m

1st Athletics Manitoba Age Class Championships – 1500m

1st MHSAA Provincials – 1500m

2nd Super Meet / Legion Trials – 800m

2nd Super Meet / Legion Trials – 1500m

2nd MHSAA Provincials – 800m

3rd MHSAA Provincials – 3000m

Devin Twomey

3rd Super Meet / Legion Trials – 800m

5th Super Meet / Legion Trials – 1500m

5th Athletics Manitoba Age Class Championships – 800m

5th Manitoba Indoor Games – 800m

Rebecca Wroblewski

1st Manitoba Indoor Games – 400m

1st Regina Kinsmen – 400m

4th Regina Kinsmen – 800m

Sprint Group - Coach Marvin Nash

Melissa Kitching (Youth)

- 2008 Recipient Sport Manitoba Award of Excellence – Platinum Level – Medley Relay Gold Medal – Legion Nationals
 - Named to Manitoba Youth Team – Prairie Dual and Legion National Team member
 - Bronze 60M – 2009 MB Indoor Games
 - Bronze 60M – Boeing Indoor Classic-Personal Best 8.16
 - Silver 200M – MHSAA Championship- Personal Best 26.17
 - Bronze 100M – MHSSA Championship
 - Silver 200M – MB Age Class Championship
 - Bronze 400M – MB Age Class Championship-Personal Best 59.56
 - Bronze 200M – MB Prov. Youth Team
 - Gold 4X100 Relay
 - Gold 4X400 Relay
 - Silver 4X400 Relay – Legion Nationals
 - 200M -26.52
-

UPDATE ON FORMER ATHLETES

- **Jared Macleod** has returned to the United States to train for the 2012 London Olympics. He earned a Silver Medal in the 400m hurdles at the 2009 Senior National Championships.
- **Nathan Vadeboncoeur** is the Canadian 400m Champion. He is training in British Columbia and plans to be in Winnipeg to compete at Boeing 2010. Nathan will be running with WOA in summer 2010.
- **Greg Miller** is a junior at the University of Wyoming competing for their Cross Country and Indoor/Outdoor Track teams in the Mountain West Conference. He has been appointed Team Captain for the Cross Country and Distance Indoor/Outdoor Track teams for 2009-10.
- **Michael Booth** has returned to Winnipeg after having spent the past couple of years training with the Brooks Racing Team in Toronto. He is attending U of M and has resumed coaching with WOA.

ATHLETES NAMED TO TEAMS in 2008/09

Provincial Teams:

- **Hershey Team Members:** Tyra Duma, Brodie Whyte - girls 11-13 year old 4×100m relay
Eric Guy, Josh Kohut - boys 13-14 year old 4×100m relay
- **Western Canadian Midget Meet:** Katie Staub, Michelle Hebert, Katie Lavalee, Janine Hebert, Katie Tkatch, Lindsay Smith, Carlyne Millns, Brayden Schindell, Kyle Leech, Josh Kohut, Levi Sader, Levi Neufeld, Eric Guy, Vitaliy Bilenko
- **Saskatchewan Manitoba Juvenile Dual Team Members:** Melissa Kitching, Sarah Huebert
- **Legion Camp:** Melissa Kitching, Marielle Cayer, Raven Cote, Sarah Huebert, Sarah Boila, Midaela Garfinkel, Carissa Gauthier, Renee Grondin, Michael Akins, Kristoff Hunder, Patrick Duncan, Patrick Beckett, Conrad Drover, Matthew Taylor, Bjorn Kristjanson, Scott Entz
- **National Legion Competition and Camp** - Michelle Hebert, Katie Staub, Catherina Cantin, Erin Teschuk, Melissa Kitching, Michael Akins, Scott Entz, Levi Sader, Levi Neufeld, Eric Guy
- **National Junior Championships** - Jamie McMaster, Jackie Adamson, Rhys Lautenschlager
- **Canada Games Team Members** - Jackie Adamson, Alexandra Allen, Sarah Boila, Arthur Buchanan, Rhys Lautenschlager, Joshua Gundrum, Chantal Grant, Erin Teschuk, Kieran Moolchan, Tyrone Welchinski, Meredith Stoesz, Alastair Brown, Caley Miskimmin, David Szczepaniak, Deondra Twerdun.

National Teams:

1. **Canadian Team to the Francophone Games:**

- **Jared MacLeod** - **GOLD** for 110m Hurdles (13.56 - Meet Record)
- **Chantal Grant** - **GOLD** for Canada's Women's 4x100m Relay (44.78)
(included Kim Hyacinthe, Teneshia Peart, Genevieve Thibault)
- **Chantal Grant** - **BRONZE** for 100m (11.74)
- **Jared MacLeod** - Canada's Men 4x100m Relay Canada, (40.91 - Qualified for final)
(included Christopher Greenaway, Rohan Stewart, Hank Palmer)

2. **FISU Games**, Belgrade Serbia - **Nathan Vadeboncoeur**

AOTC/WOA CLUB RECORDS

The AOTC/WOA¹ Club Records are available online at www.athleticsmanitoba.com. See Men's Midget 50m and 300m records dating back to 1980!!

Shirley Allan Boudreau has spent a significant amount of time searching old provincial and national newsletters and results trying to make the records as accurate as possible.

There may be some results that have been missed, as results were not available for all meets, especially out-of-province events. Updated, corrected and missed results are welcomed. Please forward info to Larry Switzer at larry.switzer@shaw.ca and include athlete's name, the event and time and the **date and the meet** where the result was achieved. If you have actual results from that meet, a copy would be appreciated.

WOA extends a very special thank you to Shirley for the many long hours she has devoted to this project for the past several years. It is a wonderful testament to our club and the many fine athletes it has produced over the years.

NEW PROVINCIAL RECORDS IN 2008/09

	Performance	Date	Record-Setter
Outdoor Events			
Midget 150m (NEW)	19.49	Jun 6-09	Katie Staub
Midget 300m (NEW)	42.96	Jul 3-09	Katie Lavallee
Midget 80m Hurdles 30"- 8.0m	12.10	Jul 11-09	Michelle Hebert, Team MB Medicine Hat
Midget 200m Hurdles 30"-35m	29.42	Jul 11-09	Michelle Hebert, Team MB Medicine Hat
Midget 4x400m Relay	4:07.95	Jul 18-09	Wpg Optimist (Katie Takatch Katie Lavallee Michelle Hebert, Erin Teschuk)
Junior Pole Vault	3.41m	Jul 3-09	Sarah Boila
Youth Pole Vault	3.41m	Jul 3-09	Sarah Boila
Midget 150m (NEW)	17.87	Jul 3-09	Levi Sader
Midget 300m (NEW)	37.25	Jul 11-09	Levi Sader, Team Manitoba Medicine Hat
Midget 2000m (NEW)	6:07.02	Jul 11-09	Levi Neufeld, Team MB Medicine Hat
Midget 100m Hurdles 33"-8.5m	14.55	Jul 11-09	Eric Guy, Team Manitoba Medicine Hat
Midget 200m Hurdles 30"	28.10	Jul 11-09	Eric Guy, Team Manitoba Medicine Hat
Midget Pole Vault	3.40m	Jul 3-09	Vitaliy Bilenko
Indoor Events			
Midget 150m	19.71	Mar-06-09	Katie Staub
Midget 60m Hurdles 30"-8.0m	9.61	Mar-06-09	Michelle Hebert
Junior Pole Vault	3.28m	Feb-14-09	Sarah Boila
Youth Pole Vault	3.28m	Feb-14-09	Sarah Boila
Midget 150m	17.97	Dec-12-08	Kristoff Hunter

¹ Assiniboia Optimist Track Club (AOTC) / Winnipeg Optimist Athletics (WOA)

WOA ANNUAL AWARDS, 2007/08		
Award	Male	Female
Best Overall Hurdles	Kieran Moolchan	Dawn MacGregor
Bet Overall Sprints	Jamie McMaster	Chantal Grant
Best Overall Middle Distance	Alastair Brown	Jackie Adamson
Best Overall Jumps	Nathan Labbe	Teresa Logazar
Best Overall Throws	Cliff Caines	Renee Grondin
Best Overall Combined Events	Arthur Buchanan	
Outstanding PeeWee		
Outstanding Bantam	Connor Zubrecki	Carlyne Millns
Outstanding Midget	Michael Atkins	Melissa Kitching
Outstanding Juvenile	Jamie McMaster	Sarah Huebert
Outstanding Junior	Kieran Moolchan	Chantal Grant
Outstanding Athlete	Jared MacLeod	Chantal Grant
Ron Melnichuk Distance Award	Greg Miller	
WOA Executive Award	Wayne McMahan	
WOA Executive Scholarship	Kieran Moolchan	

Awards for 2008/09 will be announced at the Annual Awards Banquet in early December 2009, AFTER publication date of handbook.



ATHLETICS MANITOBA UPDATE, 2009/10

Rob Guy	Managing Director	robguy@athleticsmanitoba.com	925-5745
Diana Stevens	Program Manager	diana_stevens@shaw.ca	925-5744
Shirley Allan-Boudreau	Communications & Membership Coordinator	shirley.athleticsmb@mts.net	

Upcoming events include:

Event	Date/Time	Location	Details
Registration	October 27/28, 2009 5:30– 7:00 pm	University of Manitoba	Opportunity for parents and athletes to obtain information on membership, training, competitions, awards, volunteering and officiating, and to ask questions about Athletics Manitoba programs.
Annual Awards Banquet	November 8, 2009 11:00 am	Assiniboine Gordon Inn on the Park 1975 Portage Ave	Cost Per Person: \$20.00 Please call Athletics Manitoba to confirm reservations 925-5744

Athletics Manitoba communicates with its members via email. If you do not have an active email address, you must check the Athletics Manitoba website (athleticsmanitoba.com) for ongoing information and updates.

Athletics Manitoba Exclusive Use is **ONLY** the rental of the Max Bell facility for three hours per day as specified. Exclusive Use members can no longer purchase U of M Recreation Facility Passes through Athletics Manitoba. Exclusive Use /Athletics Manitoba members can purchase a U of M Recreation Facility Pass directly from the Frank Kennedy Desk at a discounted rate when they show their Athletics Manitoba Membership card.

Athletics Manitoba now offers online registration and payment for individual athlete membership and Max Bell Exclusive Use (<http://www.athleticsmanitoba.com/general-information/payments/>).

ANNUAL AWARDS BANQUET FOR 2008/09

Winnipeg Optimist Athletics Awards Banquet

The Awards Banquet for 2008/09 will be held in early December 2009 (date/location to be confirmed)

This event recognizes outstanding Age Class and Event athletes. Eligible athletes receive performance based awards, National Team funding (\$1,000), a Parent Executive Scholarship (\$200), the Jim Lyon Parent Executive Award for Volunteerism (\$100) and free memberships.



Tickets are subsidized and include taxes and gratuity. For ticket info, contact Doug Miller at 488-1469 / dgmiller@shaw.ca

Athletics Manitoba Awards Banquet

The Athletics Manitoba Annual Banquet will be held Sunday, November 8, 2009 at 11 am at the Assiniboine Gordon Inn on the Park. For tickets, contact Diana Stevens, 925-5744 or athleticsmb@shaw.ca

Each year, many WOA athletes and coaches are recipients of major provincial awards, including track and field, cross-country and road racing.

The Athletics Manitoba Elite Athlete/Coach Funding is distributed at this event. In 2008/09, funding was awarded to athletes and coaches in grants ranging from \$500 to \$1,500.

Several WOA athletes will receive funding from Sport Manitoba Athlete Assistance Program (ManPlan) based on performance during 2008/09.

WOA AWARDS/SCHOLARSHIPS

Parent Executive Scholarship for 2009/10

Each year at the WOA Annual Awards Banquet, the Parent Executive awards a \$200 post-secondary scholarship to a deserving club athlete who is returning to the club and the sport, while continuing their education.

Criteria include athletic and academic performance, as well as service or contribution to Winnipeg Optimist Athletics. Information regarding the scholarship can be obtained from the President, Jack Booth, 831-5805 or jbooth@mts.net.

Kieran Moolchan was awarded a \$200 Scholarship for 2008/09.

Jim Lyon Parent Executive Award

Annually, a plaque is awarded to a member of WOA who has displayed general, all-round support to the club and its athletes through volunteer and fundraising activities.

Previously called the Parent Executive Award, this award was renamed the Jim Lyon Parent Executive Award in memory of Jim Lyon, who passed away in May 2003. Jim was Treasurer of WOA from 1997 – 2002 and a recipient of the award in 2001.

Commencing in October 2003 and for a period of six years, a scholarship in the amount of \$100 is awarded each year to an athlete recipient. The scholarship was donated by Shirley Lyon, the wife of Jim Lyon. In the event that the award is presented to a member of the Club other than an athlete, the scholarship amount will be divided between the top Male and Female Athlete of the Year winners for that year.

At a Parent Exec Committee meeting held December 5, 2006, it was agreed that it is the desire of the Parent Executive Committee to continue the scholarship for the Jim Lyon Parent Executive Award after the initial six year period (October 2003 – 2008).

The recipient for 2007/08 was **Wayne McMahon**, and the scholarship of \$100 was split between the Outstanding Athletes of the year, **Chantal Grant and Jared Macleod**.

Performance Awards

Athletes placing in the top three at National Championships will receive:

Seniors	Juniors (New award for 2007/08)
• First place = \$1,000	\$300
• Second place = \$ 750	\$200
• Third place = \$ 500	\$100

The following athletes will receive awards for their performance at National Senior Championships:

- Nathan Vadeboncoeur - \$1,000 for Gold in 400m
- Jared Macleod - \$750 for Silver in 110mH

Funding for Self-funded National Teams

Athletics Manitoba, through the Dave Lyon Legacy Fund, will provide funding to athletes who have been selected to a Canadian Team where self-funding is required. The funds shall be divided between all eligible applicants and not exceed the individual maximum grant amount of \$750. The selection will be based on level of competition and athlete performance.

WOA awards \$500 to any club member who makes a National self-funded team. This award is limited to one self-funded team per fiscal year.

For 2008/09, \$500 will be awarded to **Nathan Vabeboncoeur**, who was named to Canadian Team for FISU Games, Belgrade Serbia.

Free/Reduced Membership

- Full member WOA athletes will be awarded a free membership for the following year (value = \$200) based on the following placings:
 - In top six at the Canadian Senior Track & Field Championships
 - In top three at the Canadian Junior Track & Field Championships
 - In top ten at Junior or Senior National Cross Country Championships
 - Being named to the National Cross Country team

The athlete is responsible for other fees (Athletics Canada/Manitoba membership and Exclusive Use Facility fee, etc.).

For **2009/10**, free memberships will be awarded to:

- Jared Macleod, Nathan Vabeboncoeur, Chantal Grant
- New athletes under the age of 13 as of December 31 will be offered a reduced membership at \$125 for their first year with WOA. The athlete will be responsible for other fees (i.e. Athletics Canada/Manitoba membership, Exclusive Use Facility fee, etc.).

Entry Fees for out-of-town competitions

- WOA will cover 100% of entry fees for WOA sanctioned/sponsored club trips to out-of-town events
- For other out-of-town meets that individual athletes may attend, prior approval is required to ensure coverage of the entry fees.
- National championships do not require prior approval.

Entry Fees for National Championships

- National championship entry fees are very high (approximately \$45 - \$50 per event), compared to regular competitions (ranging from \$4.00 - \$15.00 per event).
- For full member athletes (September to August), WOA will cover 50% of cost of entry fee for up to three individual events at national championships each fiscal year.
- For summer member athletes (April – August), WOA will cover 50% of cost of entry fee for one individual event at national championships each fiscal year.
- Summer member athletes will not be eligible for performance awards or free membership based on placing at national championships.

Larry Switzer - Wayne McMahon Scholarship

In 1999, the Parent Executive of Winnipeg Optimist Athletics established a scholarship at the University of Manitoba to recognize the significant contribution of Larry and Wayne to Winnipeg Optimist Athletics and to the sport of track and field in Manitoba. The current value of the scholarship is approximately \$300 annually.

The award is available to full-time students at the University of Manitoba with a 3.0 GPA, participating in track and field. Applicants must be a member of Athletics Manitoba and demonstrate leadership and involvement within the sport community in Manitoba. Applicants are required to submit a two page letter outlining their involvement in athletics and the leadership they have shown in the sport community, whether in competition, coaching or other aspects of sport. Deadline for application is September 30 of each year.



Applications should be submitted to:

Claude Berube
Head Coach, Athletics
Room 109
Max Bell Centre
University of Manitoba
Winnipeg MB R3T 2N2

For further information concerning this award, please contact Financial Aid & Awards, University of Manitoba at 474-9261.

Recipients of the Larry Switzer/Wayne McMahon Scholarship include:

- 1999 - **Mel McManus**, 4th year dentistry
- 2000 - **Melanie Gregg**, a Masters student in Sport Psychology
- 2001 - **Michael Booth**, a 3rd year student in Arts
- 2002 - **Jennifer Ervick**, 1st year, Faculty of Law
- 2003 - **Brian Walker**, 4th year, Business Management
- 2004 - **Kja Isaacson**, 2nd year Arts, with double honours in French and English
- 2005 - **Sharon Drake**, final year, Recreational Management and Community Development
- 2006 - **Not awarded**
- 2007 - **Joel Charriere**
- 2008 - **Keiran Moolchan**
- 2009 - **To be announced**

WOA-HOSTED EVENTS

Boeing Classic, Provincial Indoor Track & Field Championships, March 4 – 6, 2010.



This three-day track meet is the best organized meet on the indoor schedule, as well as being the Provincial Indoor Track and Field Championships. Over 400 volunteers are required during the three day period to address the logistical requirements. The Boeing Elementary Relays will be held on March 2, 2010. **All WOA families must help at these meets.**

Winnipeg Optimist Athletics is proud of its affiliation with Boeing of Canada as the host of these meets. Each year, Boeing contributes approximately \$13,000 in goods, cash and services, as well as 30 – 50 volunteers to this event.

In 2002 WOA introduced the Lyle L. Bryson Athletics Performance Award for outstanding performance by a male or female in the meet. Lyle Bryson was instrumental in involving Boeing of Canada as a corporate supporter to WOA. The award is based on the Mercier Table Point System which compares performances across all events and age categories.

Past winners of the Lyle L. Bryson Athletics Performance Award include:

- 2002 – Jackie Honey, WOA; set Manitoba Indoor Women's Pole Vault record of 4.15m
- 2003 – Jenni Hucul, Saskatoon Track & Field
- 2004 – Jared Macleod, WOA
- 2005 – Jared Macleod, WOA; won gold in 60mH and silver in 60m and 200m
- 2006 – Jared Macleod, WOA
- 2007 – Jared Macleod, WOA
- 2008 – Jared Macleod, WOA
- 2009 – Jared Macleod, WOA

ALS/Ron Melnichuk Half Marathon & 5K Family Fun Run

In 2002, Winnipeg Optimist Athletics in cooperation with The Running Room organized the first Ron Melnichuk Half Marathon at Bird's Hill Park.

The Ron Melnichuk Half Marathon was in memory of a well known, elite distance runner and WOA coach. Ron lived in Manitoba and travelled around the world successfully competing and coaching with national teams at international events. Ron Melnichuk died in 2001.

There have been approximately 500 participants each year since the inaugural event in 2002. In 2007 and 2008, WOA partnered with ALS to co-host this event.

In 2001, the Ron Melnichuk Award was created in memory of Ron. It is awarded annually to the best long distance athlete. Recipients include:

Michael Booth	2001, 2002, 2003, 2004, 2005, 2006
Michael Booth/Greg Miller	2007
Greg Miller	2008

VOLUNTEER REQUIREMENT

In recent years, our membership has averaged between 80 and 100 athletes. The director, coaches and parent executive work very hard to support our athletes and the athletic community, but **we need your help**. WOA is required to provide approximately 400 volunteers for events during the indoor and outdoor seasons. Without volunteers and parents to run meets, competitions cannot be held. Without the help of the athletes and their parents, Track and Field in Manitoba will not flourish.

Each year, Athletics Manitoba awards approximately 6 - 8 Bingos to WOA. The bingos are a major source of funding for our club. As a condition of these bingos, WOA must supply volunteers to work at each bingo, host a major competition and provide volunteers for assigned competitions.

At the time of registration, all athletes and their families are asked to make a volunteer commitment for approximately four to five events during the indoor and outdoor seasons. The **Boeing Indoor Classic** is a special project, which requires a large number of volunteers.

The purpose of the WOA Volunteer Commitment Form is to ensure an equitable distribution of the workload amongst our families to meet WOA volunteer responsibilities and to ease the workload of the Phoning/Communications Committee organizing volunteers for an event. Volunteers will be contacted prior to each event to confirm participation.

Athletes and their families are needed to help in all areas of our club and our sport.

The Parent Executive seeks people to fill year-round positions such as Treasurer, Secretary, Membership, Uniforms, Bingo, Fundraising, Advertising, Social Events, Trip Convenor, Parent Coordinator, Phoning/Communications, Coaching Assistants and Representatives to the Board of Athletics Manitoba and Assiniboia Optimists.

The **Boeing Classic** requires special project management teams. Committees include Lead Organizers, Set up/Take Down, Meet Entries, Meet Registration, Manpower/Volunteer Recruitment, Food Service, Security, Finance, Program Advertising, Program Assembly, Results, Announcing, Trophies/Medals, and Publicity.

FUNDRAISING OPPORTUNITIES

Bingos and Barbecues!

1. **Bingos:** If you wish to participate in bingos, please contact Karen Kitching at 222-9074 or terrykit@mts.net.

a) Purpose:

Athletics Manitoba distributes bingos to clubs, based on a percentage of their membership. Bingos are the single, major source of revenue for WOA and an excellent fundraising opportunity for our athletes. WOA receives approximately 6 – 8 bingos a year, assigned on a quarterly basis. The bingos are held at either the McPhillips or Regent Casinos.

b) WOA Commitment:

Annually, WOA signs a contract with Athletics Manitoba to provide the following services, in exchange for a share of funding generated through the bingos.

- Supply up to seven volunteers for each assigned bingo.
- Supply volunteers for assigned athletic competitions.
- Host a major competition during indoor/outdoor seasons (Boeing Classic)

c) Benefits of working bingos:

For WOA, bingos provide a major source of revenue. These monies are used to support activities such as WOA competitions, club trips, recognition banquet, awards, trophies, scholarships, performance funding, clinics and education for athletes, coaches and officials.

For the athletes and their family, a bingo offers the opportunity to earn funding that can be matched. The club maintains an account for each athlete (similar to a bank account). Each time an athlete or family member works at a bingo, **the athlete receives a \$25 credit (matched by WOA) in their athlete account**. Participation in bingos is **OPTIONAL**, but has proven to be very rewarding for those athletes and their families who take advantage of this fundraising opportunity.

d) Benefits of Athlete Account:

Funds in the athlete account can be withdrawn (and matched if eligible) for the following reasons (receipts must be provided):

i) Eligible expenses for matched funds

- Costs for travel and hotel accommodations for out-of-town sanctioned competition or training camp.
- Payment of 25% of registration fee for Legion Athletic Camp or any other track and field-related camp (for a total payment of 50% of camp fee).

ii) Eligible expenses for unmatched funds

- Purchase of athletic equipment related to the sport.
- Payment of WOA membership fee (\$200)
- Payment of Athletics Manitoba membership fee (\$45)
- Payment of Athletics Manitoba Exclusive Use facility fee (\$245)

e) Responsibility and consequences:

Bingos are highly valued fundraising opportunities for the athlete and the club. A commitment to work at a bingo must be taken very seriously.

A “no-show” at a bingo could jeopardize the funding for the entire sport. Consequences for missing a bingo can be severe - for the athlete, the club and the sport. Possible penalties include \$25 being deducted from the Athlete Account, the club losing bingos in the next bingo rotation, or the sport as a whole being suspended for one or two years from participating in bingo revenues.

f) **Bingo Cancellation:**

Should a bingo be cancelled by Manitoba Lotteries and payment is made to Athletics Manitoba and Athletics Manitoba shares payment with the club, WOA will pay 50% of the current bingo payment to volunteers. This policy was implemented February 7, 2006.

g) Athletes who have money in their athlete account, but do not return to WOA the following year have until December 31 of that year to claim the funds. The money would not be matched and receipts would be required for all claims.

2. WOA has a close relationship with the Optimist Club of Assiniboia and we take pride in supporting our main sponsor and namesake organization for the past 26 years.

a. **Optimist Christmas Trees:**

Each year in early December, WOA assists the Optimists to set up their Christmas tree lot, as well as selling Christmas trees during the weeks leading up to Christmas.

For each person working a 3½ hour shift for an athlete selling Christmas trees, \$15 (matched) will be credited to the athlete’s account.

b. **Buffalo Barbecue:**

Winnipeg Optimist Athletics supports the Assiniboia Optimists with set up/take down, cooking burgers and selling drinks for the Optimist Buffalo Barbecue held annually on the May long weekend.

For each person working a 3½ hour shift for an athlete, \$15 (matched) will be credited to the athlete's account.



3. **Program for Boeing Indoor Classic, March 4 – 6, 2010**

A highlight of Boeing is the program which includes the schedule of events, as well as featuring our sponsors and background on our club and our sport. Athletes/parents who bring a **new ad to the program will earn 10% of the value of the ad** in their Athlete Account.

UNIFORM NEWS

Samples of the WOA singlet will be available at registration on October 27/28, 2009. For uniform information, please contact Marie Adamson at 253-4268 or kadamson@mts.net.

- All orders for singlets must be paid before delivery.
- Payment should be by cheque, payable to the Winnipeg Optimist Athletics.
- All taxes are included in price.

Singlets:

- New members must purchase a WOA singlet at time of Registration and cost (\$35.00 – TBC) is added to membership fee.
- WOA offers singlets, but does not carry special WOA shorts. We recommend navy or black shorts to complement the singlet. Custom made shorts are available through Perfit Design
- All athletes must wear a WOA singlet and appropriate running shorts when competing on behalf of the club, as well as during medal/award presentations.



WOA Team Uniform Event for 2009/2010

- Dates: Thursday, November 5, 2009 at 5:30 pm - 7:00 pm
Saturday, November 7, 2009 at 11:00 am - 12:30 pm
- Place: Trackside, Max Bell Fieldhouse, UofM
- Items available: Windsuits (jacket & pants), sweat pants & hoodies, T-shirts & bags
- Payment: All orders must be prepaid. Cheques payable to Winnipeg Optimist Athletics (WOA)
- Delivery: Estimated prior to Christmas
- Note: WOA will not carry an inventory of these items and will only accept prepaid orders on the above dates. No late orders will be accepted.

TRAVEL OPPORTUNITIES

Each year, WOA organizes trips to out-of-province competitions, such as:

- Saskatoon, SK Sled Dog in January
- Regina, SK February
- National Junior and Senior Championships July
- National 10K Road Race Championships October
- National Cross Country Championships December
- Other events as determined by WOA Coaching staff



WOA is open to a team traveling at anytime, and welcomes parent involvement in planning and organizing these trips.

PARENT CHAPERONES

Parent chaperones are required for out-of-province events and competitions in Canada. Depending on the time and location of an event, teams of approximately 25 – 30 athletes, three coaches and three chaperones travel on a bus, leaving on Friday morning, returning late Sunday night. WOA will cover the chaperone's bus transportation and accommodation. The chaperone will be responsible for all other expenses, including food. If appropriate, chaperones will share a hotel room, as will coaches.

The designated head coach will discuss with the chaperones how they can assist the coaches to ensure everything runs smoothly and the athletes achieve optimum performances. Areas where chaperones may be required to help include:

- Be informed and aware of what is going on, so you can assist the athletes and the coaches
- Know the transportation schedules (to/from Winnipeg; shuttle in competition location)
- Assist athletes and coaches with check-in/check-out at the hotel
- Know the hotel amenities and find out about nearby eateries, facilities
- Ensure athletes are on time for transportation and individual competition
- Ensure athletes have necessary uniform and equipment
- Ensure all athletes wear WOA clothing when competing or on the podium.
- Monitor athletes' events and record results for coaches
- Keep notes of special/record breaking performances, which can be quickly relayed to the media
- Assist with curfew/bed checks
- Work with coaches to ensure all WOA athletes compete and behave in a responsible, respectful, disciplined manner so that WOA and Athletics Manitoba are well represented.

WOA ATHLETE TRAVEL POLICY

Travel to competitions outside of the province is determined by the coaches, in consultation with the Director and approved by the WOA Parent Executive. The primary purpose of out-of-town competitions is athletic development. In so doing, it is expected all athletes travelling on WOA-sponsored activities will conduct themselves in a way that will bring pride and honour to the club.

Parents and athletes asked to review and abide by the following code of conduct.

1. Such conduct will include good sportsmanship, courtesy and respect to all.
2. There will be no possession of, or use of, any illegal substances or performance enhancing drugs.
3. Regardless of age, all athletes are expected to abide by the general WOA policy that discourages the use of alcoholic beverages while involved in club-sponsored activities.
4. When rooms are visited by other than the occupants, the door will be left open for viewing by the athlete's personal coach or coach's personal designate.
5. Any physical damage occurring or arising from items missing in a hotel/motel room is the responsibility of the registered occupants, unless some other person(s) are proven responsible. With more than one person sharing a room, cost will be shared equally if no admission of responsibility is forthcoming.
6. Unacceptable behaviour shall include, but may not be limited to the following:
 - Committing any act, which would be considered an offence under federal, provincial, or municipal laws;
 - Breaking training or curfew as specified by the athlete's personal coach or coach's personal designate;
 - Unsportsmanlike conduct, or conduct that is likely to bring discredit to Winnipeg Optimist Athletics in the opinion of the athlete's personal coach or coach's personal designate.
7. Any contravention of these rules will result in disciplinary action to be determined by the athlete's personal coach or coach's personal designate. Such discipline could range from a minor reprimand or withholding of privileges to the athlete being sent home at his/her own expense. Any major disciplinary action will be reported to the Parent Executive of WOA by the Director.



INDOOR SCHEDULE FOR 2009/10

Date	Event Description	Location
Friday, November 20, 2009	Brown & Gold Inter-Squad	Max Bell Centre, U of Manitoba
Saturday, December 5	Flying M Frolic	Max Bell Centre, U of Manitoba
Friday, December 11	Grand Prix #1 (Last Chance)	Max Bell Centre, U of Manitoba
Saturday, December 12	Grand Prix #2 (Last Chance)	Max Bell Centre, U of Manitoba
Wednesday, January 13, 2010	Grand Prix #3	Max Bell Centre, U of Manitoba
Friday, January 22	Grand Prix #4	Max Bell Centre, U of Manitoba
Saturday, January 23	Grand Prix #5	Max Bell Centre, U of Manitoba
Monday, January 25	Track Attack #1	Max Bell Centre, U of Manitoba
Saturday, January 30	MASRC Track Meet	Max Bell Centre, Uof Manitoba
Wednesday, February 3	University Games	Max Bell Centre, U of Manitoba
Friday, February 5	High School Series #1	Max Bell Centre, U of Manitoba
Saturday, February 6	University Games	Max Bell Centre, U of Manitoba
Wednesday, February 10	Track Attack #2/Grand Prix #6	Max Bell Centre, U of Manitoba
Friday, February 12	High School Series #2	Max Bell Centre, U of Manitoba
Monday, February 22	Track Attack #3	Max Bell Centre, U of Manitoba
Wednesday, February 24	Grand Prix #7	Max Bell Centre, U of Manitoba
Friday, February 26	High School Series #3	Max Bell Centre, U of Manitoba
Tuesday, March 2	Boeing Elementary Relays	Max Bell Centre, U of Manitoba
Thursday, March 4	Boeing Indoor Classic	Max Bell Centre, U of Manitoba
Friday, March 5	Boeing Indoor Classic	Max Bell Centre, U of Manitoba
Saturday, March 6	Boeing Indoor Classic	Max Bell Centre, U of Manitoba
Wednesday, March 10	Track Attack #4	Max Bell Centre, U of Manitoba
Friday, March 12	High School Series #4	Max Bell Centre, U of Manitoba
Wednesday, March 17	AthMB Elementary Relays	Max Bell Centre, U of Manitoba
Wednesday, March 24	High School Series Championship	Max Bell Centre, U of Manitoba
Friday, April 16	Super Seminar for Coaches	U of Manitoba (9:00am-4:00pm)

**WOA PARENT EXECUTIVE FOR 2009/10
as of October 19, 2009**

Position	Name	Contact	Email
President	Jack Booth	831-5805	jbooth@mts.net
Vice President	Doug Miller	488-1469	dgmiller@shaw.ca
Treasurer	Michael Gravenor	832-9098	mgravenor@mts.net
Secretary	Carolynn MacKenzie	489-0036	Themackenzies@mts.net
Membership	Chris Valk	284-4400	cavalk@mts.net
Uniforms	Marie Adamson	253-4268	kadamson@mts.net
Bingo Coordinator	Karen Kitching	222-9074	terrykit@mts.net
Phoning/Communications Club Records			
Director of Activities/ Coaching Coordinator	Larry Switzer	885-5714	Larry.switzer@shaw.ca
Athletics Manitoba 416-145 Pacific Ave Winnipeg R3B 2Z6 Fax - 925-5792 www.athleticsmanitoba.com	Rob Guy, Managing Director Shirley Allan Boudreau, Communications & Membership Coordinator Diana Stevens, Program Coordinator	925-5745 925-5744	robguy@athleticsmanitoba.com shirley.athleticsmb@mts.net diana_stevens@shaw.ca



WOA COACHING STAFF FOR 2009/10
As of October 19, 2009

Name	Event	Email
Larry Switzer ¹	Coaching Co-ordinator	Larry.switzer@shaw.ca
Wayne McMahon ²	Jumps, Multiple Events	gwaynemcmahon@gmail.com
Melanie Gregg	Multiple Events	m.gregg@uwinnipeg.ca
Peggy Hamilton	Multiple Events	asteroide330@yahoo.ca
Marvin Nash	Sprints	marvrn2@msn.com
Dallas Mooney	Sprints	writedallas@hotmail.com / dallasmooney@hotmail.com
Shaun Cross	Sprints	shawn.cross@gmail.com
Omena Babalola	Sprints	obabalola@shaw.ca
Art Stacey	Sprints	AJS@tdslaw.com
Scot Dressler	Pole Vault	scotydspvskillz@hotmail.com
Michael Booth	Distance	endurancematters@hotmail.com
Scott Radley / David Huebert	Middle Distance	sradley@sjsd.net / huebert@mts.net
Mingpu Wu	Throws/Jumps	Wu_mingpu@yahoo.com
Sabrina De Thomsis	Multiple Events	Sabrinadt@yahoo.com
Steve Katopodis	Multiple Events	Steve_katopodis@hotmail.com
Al Wirth	Throws	adwirth@mts.net

¹ **Larry Switzer:**

National Team Manager, 1984 – 2004

- Olympic Games, Atlanta, 1996; Athens 2004
- World Championships 1993, 1997, 2001
- Pan Am Games, 1987
- World Cross Country, Turin, Italy, 1997
- Commonwealth Games, 1986, 1990
- Inducted in Manitoba Sports Hall of Fame, Builder Category, 2007

² **Wayne McMahon:**

- Athletics Manitoba Coach of the Year, 2001, 2002, 2003
- Manitoba Coach of the Year (Developmental), 3M Coach of the Year, 1991
- Multiple Events Coach, Pan Am Junior Team, 1993
- Head Coach, Legion Athletic Camp
- Head Coach, Canada Games Team, Brandon 1997
- Event Coach, Western Canada Summer Games, Prince Albert 1999, Selkirk 2001
- Event Coach, Canada Summer Games, London 2003, Regina 2005
- Personal coach of J MacLeod, 110mh Gold Medallist at 2009 Francophone Games and Silver Medallist at 2009 National Senior Championships.

MEMBERSHIP FEES FOR 2009/10

As of October 19, 2009

WINNIPEG OPTIMIST ATHLETICS	Fee	Includes
Annual membership - October 2009 to September 2010	\$250	<ul style="list-style-type: none"> • Meet entry fees (\$4/event) • Coaching honorariums • 50% National Championships entry fee • Travel opportunities • Opportunity to open athlete account and access matched funding • Subsidized tickets for Awards Banquet
New athletes <u>under the age of 13 as of December 31</u> (born 1996 or later) are eligible for reduced membership for first year	\$150	See above
Summer Membership - Covers April – September 2010	\$125	<ul style="list-style-type: none"> • Meet entry fees (\$4/event) • Coaching honorariums • 50% of cost of entry fee for <u>one individual event</u> at national championships each fiscal year. • Summer member athletes will not be eligible for performance awards or free membership based on placing at national championships.
Associate Membership	\$15	<ul style="list-style-type: none"> • Athletes who intend to take out a WOA summer membership in Spring 2010 are encouraged to register their intent through an associate membership. • The \$15 is applied towards the 2010 summer membership fee (\$125 - \$15 = \$110)
WOA Uniform (mandatory for new members) - Singlet or - Bodysuit	\$35(TBC) TBA	<ul style="list-style-type: none"> • WOA competition uniform to be worn when competing for WOA (rather than school team). • Includes Boeing Classic, Outdoor and Cross Country Prov Championships and other events when WOA pays meet entry fees.

Notes:

1. New athletes must purchase WOA uniform (singlet or bodysuit) at time of registration for membership.
2. Cheques for WOA membership and uniforms should be made payable to Winnipeg Optimist Athletics (WOA) and forwarded to:
 Chris Valk
 674 Riverwood
 Winnipeg MB R3T 1K4
 284-4400 cavalk@mts.net
3. Reduced, Summer and Associate Memberships: Athlete is responsible for other fees (i.e. Athletics Canada/ Manitoba membership, Indoor Facility Use Fee or Outdoor Users fee).