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CANADIAN UNIVERSITY ATHLETICS:

Information guide for coaches, parents and university bound student-athletes.

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CANADA FIRST – CANADIAN ATHLETICS UNIVERSITIES

1) CANADA FIRST: INTRODUCTION

Many athletes are presented with important “life altering” decisions at an early age following completion of their high school years. It is important to have the detailed facts in order to make the correct choice. What are the factors to consider? They are academic goals, athletic goals, financial concerns and location. Good decision making depends on thorough research of the options available. Should an athlete pursue a foreign scholarship or pursue an education and athletic career here in Canada. It is becoming increasingly evident that for many the “Canadian option” is the best!

When considering the “Canadian option”, an athlete in Athletics should look at the following:

- A university with the academic program best suited to the athlete’s long term career path.
- A university with excellent coaching and a team with proven success.
- A university with financial support for athletics and/or academics.
- A university situated in an area with strong club affiliation and high performance systems to ensure continued athletic programming through the year to ensure continued progress as an athlete.
- Access to provincial and/or national funding for long term performance development in the sport of athletics.
- Other sponsorship support.
- A healthy, enjoyable environment to call home for 4 to 5 years.

Athletes can find all these in many of the provinces at present in Canada.

2) FACTS

- Canadian Universities now have scholarships!
- There are Provincial and National government sources of funding support in Canada.
- Most of the top athletes in Athletics in Canada train and go to school here in Canada. Approximately 75% of the top 100 athletes train in Canada.
- Athletes in Canada have 5 years of eligibility. US schools have a 4 year period of eligibility.
- Tuition in Canada is less expensive than in the US due to educational subsidies.
- Tuition in Canada is tax deductible. Scholarships in the US (for room and board) are considered income and are therefore taxable.
- Carding in Canada through the Sport Canada Athlete Assistance Program includes tuition. Development cards are only available to Canadian based athletes.

3) CANADA FIRST: THE ADVANTAGES

- 1) Coaches in Canadian universities are well educated and highly knowledgeable in the sport of Athletics. They are supportive of the essential priorities of Canadian students.
- 2) The level of competition is improving and can offer athletes the necessary challenges to progress to a high level of performance. University programs in Canada complement the national LTAD plan offering support for stages 5 and 6 (“Training to compete” and “Learning to win”) which stress movement toward specialization and higher level competitions.
- 3) Canadian University Programs offer a good balance between athletic and academic challenges. The team aspect of the program provides a great deal of enjoyment to the student athlete.
- 4) Athletes staying in Canada have greater control of performance objectives. The ultimate choice in relation to performance and event goals is not always possible when attending an NCAA program. Many NCAA athletes find it difficult to be able to participate effectively in Canadian National team programs after a long collegiate season. NCAA teams will peak in May and June. The University program in Canada makes it possible to better prepare for the Athletics Canada National teams scheduled during the summer months.
- 5) Student athletes should look at the long term plan to get the best education and athletic experience possible. Looking at a 4 year fully funded education may be a short term view of things if considering the over-all effects of a good education with long term financial benefits. It is better to look at the benefits of a highly valued degree than a weak education with low income possibilities in the long term.
- 6) The NCAA schools work hard to sell the athlete on the benefits of their programs, but there are potential risks and downsides to consider of going this route. Many Canadian athletes will have their needs better served by training and attending school in Canada. The NCAA is very team oriented and driven by a need for results. NCAA athletes can be asked to cover many event areas, which can interfere with the ability to achieve in a specific event area. The extensive competition schedule limits the effectiveness of a periodized plan for high performance. Student athletes must look at the long term needs, and do what is best to enhance athletic and academic pursuits. Increasingly, staying in Canada is becoming a 1st choice option for academic, athletic and financial reasons.



4) FORMS OF SUPPORT

a) National Support

Canada offers funding for athletes at the National Level. The Athlete Assistance Program (APP) is a federal government program offering financial assistance and tuition to some 1800 athletes in Canada, in several sports. Athletics presently has support for 66 athletes. Most athletes will receive from \$900 - \$1,500 a month. Tuition is included in the funding program. Year-round carding requires an athlete to train and compete in Canada. Overall performance, placing at national and international competitions and training environment factors are all criteria involved in selection for this support. Some of the top athletes in Canada have come through the "Canadian system" including such student-athletes as Jessica Zelinka and James Steacy.

b) Provincial Support

Most provinces now offer financial support to athletes who wish to train and attend school in Canada. Here are some examples of provincial funding possibilities

Quebec

The province of Quebec offers the following:

- Athletic Excellence Bursaries - offered to athletes with potential to become world class. These are also offered to top university athletes.
- Recruitment Bursaries - these are offered to the best graduating athletes who wish to pursue academic and athletic careers in the province of Quebec.
- Academic Excellence Bursaries - these awards are given to university level athletes with proven performance in both athletics and academics.
- Support Bursaries - these are offered to top class athletes for special projects
- Direct provincial Funding (up to \$11,000) - athletes may receive direct funding as a provincially carded athlete in addition to their federal carding. Funds are available for competitions and camps for deserving athletes. Significant tax incentives are awarded to athletes training and attending school in the province (up to \$4,000).

In addition to this, athletes are eligible to receive "Quebec Excellence Foundation Grants" (\$1,500 - \$5,000) from donors such as Banque Natioanale, Cascades, Foundation Molson, Hydro Quebec and Gouvernement du Quebec.

Alberta

Alberta has a number of programs to support student athletes, they are:

- The AADP – Alberta Athlete Development Program: this program offers financial assistance in 3 levels: Gold \$2,000; Silver \$1,000 and Bronze \$500.
- High Performance Funding: aims to provide Athletics Alberta's High Performance athletes with financial assistance to attend high performance training and competition on an annual basis.
- National Championships Funding: Alberta assists athletes to compete in National Championships through the National Championship Fund
- Grants
- Student-athletes attending the universities in Alberta also have an opportunity to receive a Jimmie Condon Athletic Scholarship which provides \$1800 per year to Alberta residents enrolled full-time in an undergraduate, professional or graduate program. There are 15 men's awards and 15 women's awards per year

British Columbia

British Columbia has a variety of programs to directly and indirectly support BC Athletics student athletes, these include:

- BC Athlete Assistance Program targeting athletes that show potential for National Carding and future Canadian National Teams. BCAAP support ranges from \$500 to \$3500 per year.
- BC Team selection and funding to assist athletes in attending Athletics Canada Championships in Track & Field, Cross Country, Road Racing and Race Walking.
- BC Athletics In-province SportsFunder Youth Travel Support Program. Targeted to Junior age and under, provides funding support through clubs for athletes to attend Provincial Championships, Regional Competitions and Training Camps.
- Harry Jerome Scholarship, managed through BC Athletics is directed to BC athletes undertaking full time post secondary studies and who demonstrate ability in Athletics, financial need, academic success and qualities of character and leadership.
- Athlete Development Programs providing training camp and competition support linked to Western Canada and Canada Games programs.
- BC Regional Coaches and Training Centres in the Fraser Valley (Abbotsford) and the Interior (Kamloops)
- National Coaches and Endurance Training Centre – Victoria
- TBA in 2009 – National Coach and High Performance Throws Training Group/Centre – Kamloops
- Canadian Sport Centre – Pacific and PacificSport Regional Centre Athlete Support Services which include: FoodStuff, GymWorks, JobLink, TranSport, ToolKit Sessions, Grants and Bursaries
- Extensive Cross Country, Road Racing, Race Walking and Track & Field Competition opportunities throughout BC



- Home of the PacificCanada International Track & Field Series. Four International Track & Field Meets providing International competition opportunities featuring Canada's best and International stars from around the world.

Manitoba

Programs of support in Manitoba reward athletes for outstanding performances. The following are some examples of these areas: a) selection to a National team, b) Gold placing at a National Championships, c) medals at Western Canada Games Canada Games or National Legions, and d) selection to self funded National Teams (approximately \$2,000 available to athletes).

Saskatchewan

The following are areas of support for this province:

- The Athlete Development Fund recognizes 3 levels of support (gold, silver, bronze)*\$40K.
- International Team assistance plan * \$5K.
- National Championships support fund *14K.
- Saskatchewan Sport – Bridging the Gap –Plan * 12K

Ontario

The Ontario Government has the "Quest for Gold" Athlete Assistance Program. This plan supports top, age eligible athletes. Its purpose is "to improve the performance and the number of athletes performing at the national and international levels." Funding is aimed at Ontario athletes who have demonstrated both "a high level of achievement and a commitment to continued training at an elite level." Assistance is provided through 2 carding designations:

- Ontario Card – (approximately \$7,000)
- Canada card – (33% of the National card designation)

Nova Scotia

Nova Scotia has several programs to service athletes.

- The Nova Scotia Amateur Sport Post Secondary Award. Athletes may apply for a \$1,000 bursary.
- Support 4 Sport Athlete Assistance program: This is based on a provincial carding.
- Canada Games Funding: Amounts range from \$500 - \$1,500.
- Carded athletes may receive \$4,000 or \$6,000 if in the top 10 in the world.

New Brunswick

Non carded athletes receive \$1,500 for being a National Team member and \$750 as a National Team prospect.

Atlantic Provinces (New Brunswick, Newfoundland / Labrador, and PEI)

These Atlantic Provinces have some undefined support for carded athletes. Non carded athletes can receive between \$500 and \$1,500.

C) Sponsorships / Grants:

There are many sponsorships available in Canada for student athletes. These may be found at the federal and provincial levels. Athletics Canada will offer information for athletes to access these funds. Some examples are as follows:

- Petro Canada FACE Awards (Fuelling Athlete and Coaching Excellence). This award is designed to support athletes to train and go to school in Canada. The award is intended to assist athletes to make the step from aspiring talent to the national carding level.
- HBC awards: The HBC Award also is designed to support top Canadian athletes to be able to train and be educated in Canada.
- The Quebec Excellency Fund: Quebec has many companies donating funds to assist athletes in their academic and athletic pursuits.
- Canadian Athletes Now Fund.
- GMs Making Dreams Possible Program.
- City of Edmonton Fund.

5) THE CANADIAN OPTION

The Canadian University Cross Country and Track and Field programs are expanding and form a very positive option for present day student athletes. The financial opportunities available are greater than ever. This handbook hopes to give our good Canadian talent the important facts upon which to make intelligent and informed decisions. You have to know the facts! Facts on provincial, national support and information on our country wide university programs are all here!

Questions for student-athletes to consider:

- Does the university have the academic program desired?
- Are courses at the university transferrable?
- Will the degree be recognized in Canada?
- Who will be the coach?



- What are the team standings?
- Who are the top athletes in the program?
- What athletes have represented the country on National Teams?
- What is the training environment? Facilities? Medical support?
- How is training structured? Number of days per week?
- What is the competition schedule for the team?
- Is there support for special academic needs such as tutoring?
- What are the performance expectations of the team? The individual?

USEFUL WEBSITES:

- www.macleans.ca (Canadian College and University rankings)
- www.universitysport.ca (National Web site for Canadian Interuniversity Sport – CIS)
- www.sportingcanada.com (Web site with rankings, news, and feature stories for Canadian University sports)
- www.atlanticuniversitysport.com (Atlantic University Sport division of CIS)
- www.canadawest.org (Canada West division of CIS)
- www.oua.ca (Ontario division of CIS)
- www.fqse.gc.ca (Quebec division of CIS)
- www.athletics.ca (Athletics Canada)

Upcoming Dates of CIS Championships

2009 CIS Track and Field Championships

Location: University of Windsor

March 12-14, 2009

2009 CIS Cross Country Championships

Location: Queen's University

November 14, 2009

2010 CIS Track and Field Championships

Location: University of Windsor

March 11-13, 2010

CANADA FIRST: Acknowledgment

The Canada First Athletics document was created by Athletics Canada in association with Canadian Interuniversity Sport to inform student athletes of the academic, athletic, and financial opportunities available in Canada. Thanks to Marg McGregor of CIS for assistance in planning the project, and John Luimes of i. Design Group. Thank you to The Athletics Canada Development Committee, and provincial branches, and University coaches for providing valuable information. Thanks as well to Martin Goulet, Scott MacDonald, and Melissa Dowling for help and encouragement. Big thank you to Paul-David Bernard from Athletics Canada for all his time and efforts translating the document.

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Hugh Conlin

Head Coach/Director of Development

Athletics Canada



UNIVERSITY OF ALBERTA (Edmonton, AB)



Name of Head Coach: Georgette Reed
Head Coach Phone #: 780-492-8970
Head Coach E-mail: georgette.reed@ualberta.ca

Website: www.bears.ualberta.ca
Team Name: **Pandas and Golden Bears**

Head coach biography:

Georgette is a NCCP certified Level IV coach and is a charter member of the Coaching Association of Canada. As an athlete, Georgette represented Canada in numerous international events including the Olympic Games, World Championships, Commonwealth, Pan American and Francophone Games. She is an expert in power and speed events with a specialization in throws and strength and conditioning. Georgette has been coaching for over 20 years and has been with the U of A since 2002 taking over the role as head coach in the 2003-2004 season.

Assistant coaches:

Walter Dong (sprints & hurdles); Glen Playfair (XC and Distance); Ian Maplethorpe (throws); Cory Choma (PV); Rob Gibbings (PV), Quin Sekulich (sprints, hurdles and relays); Ron Thompson (sprints, hurdles, & relays); Roger Hazlewood (endurance); Jim Kosh (women's sprints); Rob Fisher (sprints and relays); Antoine Boussombo (sprints & development); David Lee Pong (sprints & development); George Allen (sprints & development); Rob Pike (Combined events and vertical jumps); Bill Gillespie (horizontal jumps and PV) and Guy Schultz (XC and Distance).

Top athletes:

National CIS Medalists: Neville Wright (Sprints), Carline Muir (Sprints), Brian Roppelt (Mid-distance), Carrah Bouma (Mid-Distance), Matt Doherty (SP/Wt T); Jenilee Way (SP/Wt T); Sue Kupper (PV); Paula Findlay (3000m/1500m); Marcus Cunningham (CE/LJ); Mathew Cardoza (LJ/ TJ); Lindsay Bergevin (HJ).

Training facilities:

Indoors: Track & Field-Universiade Pavilion; Outdoors: Track/XC Foote Field Track & Hawrelak Park.

Performance enhancement:

Full access to massage therapists, athletic therapists, athletic trainers, chiropractors, and medical doctors.

Club Affiliation/Partnerships:

Edmonton International Track and Field Club, Edmonton Olympic Track and Field Club, Edmonton Sprint Academy, Edmonton Thunder Track Club, Capital City Track Club, the University of Alberta Athletics Club and the Legacy Athletics Club. Legacy Athletics is the exclusive club of the TCACC which is also based in Edmonton and home to world class athletes (Tyler Christopher, Carline Muir) and coaches (Kevin Tyler).

Housed at the University of Alberta is the Canadian Athletics Coaching Centre. A legacy of the 2001 World Championships, the Centre delivers world class programs designed to foster excellence in coaches, develop high performance athletes, and encourage participation and physical fitness in Canadian youth.

Competition schedule:

The Bears and Pandas XC and Track and Field Teams compete in the Canada West Regional Association. Teams from this conference have placed among the best on a consistent basis for the last decade. The XC schedule consists of 4-6 competitions. The Track and Field season consists of 6-8 competitions.

Awards/scholarships:

The HUB International Athletics Award, Universiade 83 Scholarships, the Jimmie Condon Athletic Scholarships, the Eldon Foote Scholarships, the Sports Wall of Fame Awards, The Legends of Gold World Athletics Championships Legacy Awards, The Stewart Memorial Scholarship, the Margaret Ellis Award and the U of A Cross Country, Track and Field Alumni Bursary Awards.

About the University of Alberta:

The Golden Bears and Pandas XC and Track teams are recognized as one of the top University programs in Canada. The program is committed to excellence through quality coaching and a firm commitment to mental, physical, technical and strategic components involved in the diverse sport of Athletics. The University of Alberta has a reputation of success whether it be hosting or participating in national and international events. Its facilities are some of the best in the country and its athletics programs have demonstrated their ability to succeed, as winners of several national championships between 1995 and 2007, and a consistent record of producing All-Canadians, Academic All-Canadians, national team members and Coaches of the Year.



UNIVERSITY OF BRITISH COLUMBIA (Vancouver, BC)



Name of Head Coach: Marek Jedrzejek
Head Coach Phone #: 604-822-6259
Head Coach E-mail: marekj@interchange.ubc.ca

Website: www.gothunderbirds.ca
Team Name: **Thunderbirds**

Head coach biography:

Marek started at UBC in 1987 as the head coach of the Cross Country team and he became head coach of the Track & Field program in 2001. He was a coach for Canada at the 2000 Olympic Games, was Canada's head coach at six XC World Championships, and is a former Athletics Canada Program Director of Off-Track events. He has coached athletes to nine Canadian Records, and has had athletes medal at the Commonwealth, Pan Am, and FISU Games.

Assistant coaches:

Besnik Mece – middle distance; Jennifer Schutz – middle distance; Laurier Primeau – sprints, hurdles, multi events; Richard Hillson – sprints, hurdles; Larry Blaschuk – jumps; Richard Collier – throws; Mike Moon – middle distance.

Top Athletes:

Mike Mason (high jump) – 2008 Olympian, 2008 Indoor World Championship Finalist, three-time NAIA Champion, NAIA record holder, World Junior Champion; Megan Huzey (race walk) – Four-time NAIA Champion, National Team Member; Liz Gleadle (javelin) – two-time NAIA Champion; Inaki Gomez (race walk) – Defending NAIA champion

Training facilities:

The UBC Thunderbirds will begin training this season out of their brand new Track and Field complex that has a full-sized track and all field amenities located right on campus.

Performance enhancement:

Access to UBC's world-renowned physiotherapy and sports medicine programs is given to all Varsity athletes.

Club Affiliation:

UBC is affiliated with all clubs in the Lower Mainland area and many of their coaches work with the Varsity program.

Competition schedule:

UBC competes in the NAIA outdoor season that begins in March and ends with the NAIA T&F Championships in May. The T-Birds compete in some of the biggest Canadian competitions, such as the Harry Jerome Classic and Pacific Canada series, in addition to their involvement in top-level American meets on the West Coast.

Awards and Scholarships:

At UBC, as per NAIA regulations, XC/Track and Field student-athletes are eligible to receive financial aid equivalent to a maximum of tuition and fees, books and course supplies, and room and board. At UBC this is equivalent to approximately \$15,000 annually, depending on the faculty of study.

About the University of British Columbia:

Only 15 minutes from the heart of downtown Vancouver, UBC holds an international reputation for excellence in advanced research and learning and offers more than 60 undergraduate and masters programs. The spectacular UBC campus is a 'must-see' – snow-capped mountains meet ocean, and breathtaking vistas greet you around every corner. The university boasts some of the city's best attractions, including the Museum of Anthropology, and has ranked in the top 40 of the Shanghai Jiao Tong University Institute of Higher Education Rankings for five years.

About the UBC Thunderbirds:

UBC Thunderbird teams have won more national championships than any other school in Canada and their four Championships last season brought their all-time total to 79 CIS triumphs and 3 NAIA crowns. The Track & Field program has seen 45 of its athletes compete at the Olympics and counts one former Canadian Prime Minister (John Turner), three Rhodes Scholars, 11 members of the Order of Canada, and a former President of the Canadian Olympic Association as alumni.



UNIVERSITY OF CALGARY

(Calgary, AB)



UNIVERSITY OF
CALGARY

Name of Head Coach: Doug Lamont
Head Coach Phone #: 403-220-2479
Head Coach E-mail: lamont@ucalgary.ca

Website: www.godinos.com
Team Name: **Dinos**

Head coach biography:

Coach Lamont has been head coach for over 9 years. Doug is a Level 3 distance coach and was 2003 XC Coach of the Year and 2007 T&F Coach of the Year in Alberta. He has coached on numerous provincial and national teams and has been involved as an educator with the Calgary Board of Education for over 22 years.

Assistant coaches:

Robbie Cumming (level 2 jumps); Eric Koo (throws); Duncan Margach (level 2 jumps); Gwen Ridout (level 3 sprints/hurdles); Brenda Van Tighem (level 4 sprints/jumps); Mike Van Tighem (level 4 distance).

Top athletes:

Sprints: Sam Effah, Trent Ratzlaff, Amonn Nelson, Holly Ratzlaff; Distance: Geoff Kerr, Heather Sim, Jessica O'Connell; Jumps: Tricia Palmer, Kim Tse.

Team results:

2008 Women: T&F- 4th CIS/ 1st CW, XC – 2nd XC/ 1st CW; Men: T&F- 2nd T&F/ 2nd CW, XC - 4th CIS/ 1st CW;
2006: National and CW Champions; 2005: CW Champions.

Training facilities:

Training sites are as follows: a) Olympic Oval: 450m 2 lane and 100m -8 lane straight, with provisions for LJ and PV; b) Jack Simpson Track: 200m, 6 lane track, 2 -60m, 6 lane straights, and provision for HJ and throws; c) A high performance weight room is provided; d) Canmore Park and U of C playing fields are available for XC and general training needs.

Performance enhancement:

The University of Calgary Sports Therapy Program provides full time clinic support. Two sport therapists are assigned to the team for training and competition.

Club affiliation:

The University of Calgary Athletics Club (UCAC) uofcathletics.ca

Calgary is also home to a Canadian Sport Centre (Canadian Sport Centre Calgary) as well as Les Gramantik, 2008 Olympic head coach and mentor to Jessica Zelinka, who placed 5th at the 2008 Olympic Games.

Competition schedule:

Cross Country: October – November: U of S Open, EWU Invitational, Stewart Cup and CIS Championships; Track and Field: Golden Bear Open, Sled Dog Open, Cargill Games, Queen City, Canada West Conference Meet, CIS Championships.

Awards/scholarships:

Jimmie Condon Scholarships – 30 T&F and XC awards of \$1,800 each year.
For other financial opportunities please visit www.ucalgary.ca/awards



DALHOUSIE UNIVERSITY

(Halifax, NS)



Name of Head Coach: Peter Lord
Head Coach Phone #: 902-488-1525
Head Coach E-mail: peter.lord@dal.ca

Website: www.athletics.dal.ca
Team Name: **Tigers**

Head coach biography:

Peter Lord has been a coach with the Dalhousie Track and Field program since 1991. He became head sprint coach in 2002 and head coach in 2008. He graduated from Dalhousie University in 1993 with a MSc in Kinesiology and is a NCCP Level III Certified Jumps and Sprints coach.

Assistant coaches:

Heather Hennigar is the head coach for cross country and leads the middle distance program. She is a former national team athlete and was multi-CIS medal winner while at Acadia University. Al Yarr has been with Dalhousie cross country and track and field for decades. He contributes to the Dalhousie athletic program by assisting the distance runners. Al was recognized for his accomplishments and in 2000 he was inducted into the Nova Scotia Sport Hall of Fame. Jonathan Doucette: Shot Put, Pam Yarr: Distance, Tipper McEwan: Weight Throw. Lauren Marsh-Knickle is a clinical psychologist by profession with an exceptional interest and talent for sports psychology. She brings a host of skills and techniques including self-hypnosis, focusing techniques and advanced visualizing techniques.

Top athletes:

Michael Bawol, 60m/7.03, Ueli Albert, 1000m/2:24, Pat Quilty, TJ, Robert McCulloch HJ/2.00m, Steve Fox, Pent/Susan Sobey, 60m/7.65, Celia Peters, 600m/1:32.2, Leanne Huck 60m 7.70, 300m 39.67, Alicia Dobranowski Pent, John Corbit 1500m.

Training facilities:

Dalplex has a 260m balcony track. The outdoor track is Wickwire Field with artificial turf. The university has extensive strength training facilities with Olympic lift platform, and swimming pool for recovery training.

Performance enhancement:

A physiotherapy clinic is on site. Team doctors, dieticians, and mental training is available. The team also has access to other support in the sport sciences.

Club Affiliation:

Halifax Tigers

Competition schedule:

November-March, approximately 8 meets.

Awards/scholarships:

Dalhousie Athletic Endowment, Leadership Award, Black and Gold Bursaries.

About Dalhousie University:

Dalhousie University, located in Halifax, Nova Scotia, is one of Canada's leading universities. It is recognized world-wide for its outstanding academic quality and research opportunities. Dalhousie attracts students from around the world and has an enrolment of approximately 15,000 students.



UNIVERSITY OF GUELPH (Guelph, ON)



Name of Head Coach: Dave Scott Thomas
Head Coach Phone #: 519-824-4120 ext 5343
Head Coach E-mail: dscottth@uoguelph.ca

Website: www.gryphons.ca
Team Name: Gryphons

Head coach biography:

For over a decade, Dave has developed one of the best collegiate programs in the country. He is fifteen times OUA and twelve times CIS Coach of the Year and was named Ontario High Performance Coach of the Year for 2007. He is a level 4 certified coach and has been named to several Canadian national teams.

Assistant coaches:

Zuzana Mares (sprints/hurdles); Garth Peet (CE/former National CE champion); James Sniatenchuk (level 2 jumps); Jim Wardle (level 4 throws); Jeff Haller (level 2 endurance).

Top athletes:

Lindsay Carson 2007 CIS MVP XC; Steph Jackson 2008 CIS Champion; Michelle Moody 2008 CIS Champion HJ; Cody Sorenson two time All-Canadian 60mH; Pat Szapak SP U of Guelph Male Athlete of the Year 2008; Neb Zachariah CIS Champion TJ.

Team results:

2008 Track & Field: CIS Champions men and women; Cross Country: 15 OUA titles since 1997 CIS Champions: women (97,05,06,07) & men (69,99,00,01,02,06,07).

Training facilities:

Gryphon Dome is a multipurpose indoor facility with a poly-urethane track, jumps pits, throws circles and vault box. Excellent pool, strength and cross country provisions are available. The Guelph Trail System is one of the finest in North America; with over 100km of trails, including the site of 2007 through 2010 Canadian Cross Country Championships.

Performance enhancement:

As a renowned location of high performance endurance training, Guelph offers support for world class runners, and has developed one of the most comprehensive sports enhancement teams in the nation. The team includes sports doctors, sports psychologists, exercise physiologist, massage therapists and physiotherapists.

Competition schedule:

The schedule includes a number of national, provincial, and international meets with US universities. Past seasons have included trips to Stanford, Oregon, Penn State, Boston and Notre Dame.

Awards/scholarships:

Guelph offers athletics awards. In addition to the support of the university, the team has several named awards. Also, the university offers merit and need based awards. For more information visit www.uoguelph.ca/registrar/studentfinance/index.cfm?aid/index.

About the University of Guelph:

Although the athletic reasons for joining the track team are many, the academic and experiential reasons are equally strong. The University of Guelph is a first rate academic institution and its track and field athletes mirror their success on the field of play, in the classroom with almost 30% attaining Academic All-Canadian status. One of the strongest coaching staffs in the country is at its very core of educators.



LAKEHEAD UNIVERSITY
(Thunder Bay, ON)
Lakehead
UNIVERSITY

Name of Head Coach: Kip Sigsworth
Head Coach Phone #: 807-766-7292
Head Coach E-mail: KJSigsw@Lakeheadu.ca

Website: [/www.thunderwolves.ca](http://www.thunderwolves.ca)
Team Name: **Thunderwolves**

Head coach biography:

Kip has been the Head Coach of the Thunderwolves since 2005. He is a former varsity track athlete at Lakehead and finished 10th at the 1996 Canadian Olympic Trials. Kip has completed his level 3 NCCP certificate for distance running and is currently enrolled in the level 4 program at the National Coaching Institute.

Assistant coach:

Roger Slomke (NCCP level 2 sprints).

Top athletes:

Jonas Holmberg (2007 2nd team OUA cross-country all-star), Nigel Roedde (600m bronze medalist OUA indoor track and field 2007), Andrew Nordin (300m 6th place finisher at the OUA indoor track and field 2008), Alastair Brown (800m: 1:58.48; 1500m: 4:05.50), Loriana Costanzo (600m: 1:40.62, 1000m: 2:59.63, 800m: 2:18.87) and Sarah Swan (1500m: 4:51.10, 3000m: 10:33.67)

Team results:

OUA Cross Country running - Men: 2005 9th, 2006 8th, 2007 10th; Women: 2005 12th, 2006 9th, 2007 7th.

Training facilities:

A 200m indoor track located at Lakehead University; cross country running trails are located at Kamview Nordic Ski Centre, Centennial Park, Boulevard Lake, and Lakehead grounds. General workout facilities: An Olympic sized indoor pool and weight rooms located in the LU Fieldhouse.

Performance enhancement:

At Lakehead University the Sports Medicine Clinic is located in the hangar next to the indoor track. Student-athletes have access to a full time athletic therapist, sports medicine doctor, orthopaedic surgeon, as well as ice baths in the clinic.

Club affiliations:

Lakehead Athletics Club

Competition schedule:

Cross Country: University of Minnesota – Duluth Campus Quest; University of Minnesota Roy Griak Invitational; Queen's University – Queen's Open; OUA Championships; CIS Championships. Indoor Track: Lakehead University – LU vs the World; University of Minnesota – Northwest Open; University of Wisconsin – Superior Blizzard Invite; McGill University – Team Challenge; University of Manitoba – Cargill Games; Lakehead University – Last Chance Qualifier; St. Scholastica University (Duluth, MN) – Lake Superior Challenge; OUA Championships; CIS Championships.

Awards/scholarships:

Lakehead University has been a leader in the OUA when it comes to Athletic Awards. Both the Cross Country Running and Indoor Track programs have Athletic Awards (up to \$3,500) available to eligible student-athletes. Work study positions are available for eligible student athletes.

About Lakehead:

Due to Lakehead's location the team gets to compete against some very high level competition from the OUA, the NCAA, and the Canada West Conference. Lakehead is a smaller, growing program that is improving every year. At Lakehead University athletes receive the individual attention they need to reach their goals on the track and in the classroom. The coaching staff takes the time to work with each individual athlete to ensure that the training is working for them and will adapt things as necessary.



LAURENTIAN UNIVERSITY (Sudbury, ON)



Name of Head Coach: Dick Moss
Head Coach Phone #: 705-523-1143
Head Coach E-mail: coach@pedigest.com

Website: www.luvoyageurs.com
Team Name: Voyageurs

Head Coach Biography:

A Level 3 coach in both Distances and the Hurdles, head coach, Dick Moss, has an extensive competitive and coaching background. A former All-American and member of the Canadian national team, he has coached athletes to national teams, and medals at the OFSAA, OUA and CIS levels. He has published numerous coaching articles on track and cross-country.

Assistant Coaches:

Darren Jermyn, Lisa Labrecque (Ouellet), Mike Coughlin

Top Athletes :

Madeleine Woods (600m: 1:32), Heather Stroeder (1500m: 4:34., 3K: 10:15 5k: 18:18), Gracie Tetzlaff (1500m: 4:48, 5K: 18:41) Emma Tallman (800m: 2:18, 1500m: 4:53, 5K: 18:53)

Team Results:

2008: 7th OUA Cross Country

Training Facility:

All facilities are on campus and include the following: a new indoor 200m track with weight room, cardio, and sports medicine rooms; running trails and beach; Olympic swimming pool; sauna; and conservation area adjacent to the campus. A new outdoor track will be completed by the summer of 2009.

Performance Enhancement:

Laurentian offers extensive athlete support, and includes: physiotherapist at every practice; athletic trainers; sports psychology intern assigned to the team; campus doctor; massage therapist; chiropractor with minimal rates; access to sport medicine doctors in the city.

Club Affiliation:

Sudbury's Track North Athletic Club

Competition Schedule:

XC: (Laurentian Open, Western International, Harry Anderson Invitational-Rochester, Mustang Open, OUA, CIS)
Indoor Track: (Lake State Open, Ottawa Superdome meet, McGill Open, York Open, Windsor Team Challenge, OUA, CIS)

Athletic Awards and Scholarships:

Laurentian Athletic Department: 3 awards; Sudbury Master Running Club: 4 awards
Laurentian also has other athletic and academic awards such as the LU Automatic Academic Scholarships, the Dean's Scholarship, and Leadership Awards (contact the head coach for more information).

What is Special About Laurentian XC/Track:

The high athlete-coach ratio provides athletes with a excellent degree of personal attention. Laurentian has one of the most successful XC programs among small universities in the CIS. The new indoor and outdoor tracks with equipment and support services outlined, provide an excellent training environment.

About Laurentian University:

With more than 9,000 full-time and part-time students, Laurentian University is a mirror of Canada itself. One of only two bilingual universities in the country, Laurentian has a beautiful campus and is a well-respected, fast-growing institution, offering small class sizes, a number of specialty programs and high graduate employment rates.



LAVAL UNIVERSITY (Quebec City, QC)



Name of Head Coach: Marie-Christine Côté
Head Coach Phone #: 418-656-2131 ext 6746
Coach E-mail: marie-christine.cote@sas.ulaval.ca

Website: www.rougeetor.ulaval.ca
Team Name: Rouge et Or

Head coach biography:

Coach Cote has a Bachelor's degree in Physical Education , and Masters in Sport Management, and has been involved in athletics since 1991.

Assistant coaches:

Kaven Després (level 3 mid-distance), Patrick Noah (level 3 sprints), Simone Lemieux (jumps), Simon Louis-Seize (level 2Throws), Jean Lépine (PV), Neil Martindale

Top athletes:

Tommy Lecours (600m/800m & 1000m), Laurélie Harvey (Long jump & 300m), Geneviève Thibault (60m & 60mh), Caroline Sow (Hammer throw & Shot put)

Team results:

2007/2008: Women & Men – 3rd at Provincial Championships (6 Gold, 5 Silver & 8 Bronze, 2007/2008: 1 Gold at CIS

Training facilities:

200m indoor track, 400m outdoor track with throws facilities, multiple possibilities for cross-country.

Performance enhancements:

The team has access to a team of doctors and physios dedicated to Rouge et Or athletes.

Competition schedule:

January 17-18, 2009 -: Vert et Or Inv., January 30-31, 2009 - Team Challenge, February 14, 2009 - Valentine Invitational, February 27-28, 2009 – Provincial Championships, March 12-15, 2009 – CIS Championships

Awards/scholarships:

Athletics rookie bursary - \$1,000 (Tommy Lecours), Bourse Banque Nationale (Laurélie Harvey), Sports Awards Athlete Bursary (Tommy Lecours) – 2 x \$500; funding from the Quebec Region

About the University of Laval:

Laval has has an athletics program with good, dynamic coaches, and training facilities of high quality to meet the demands of University sport.



UNIVERSITY OF LETHBRIDGE

(Lethbridge, AB)



Name of Head Coach: Larry Steinke
Head Coach Phone #: 403-382-8985
Head Coach E-mail: steinke@uleth.ca

Website: www.horns.uleth.ca
Team Name: Pronghorns

Coach Bio:

Coach Steinke is a former athlete and well respected throws coach, and has been a national team coach for many years. In 2008 Larry was throws coach for the Olympic team, and previously has been named to teams such as World Championships, Pan Am Games, and Francophone Games.

Top athletes:

Shot put/weight throws: Jim Steacy, Sean Steacy, Heather Steacy.

Team results:

29 CIS championship medals; 2004 CIS men's team bronze medalists; 39 Canada West Championship Medals; U of L athletes presently hold 3 of 4 CIS championship throwing records.

Training facilities:

U of L has 200m indoor Pulasitc 2000 synthetic track and Field events and throws training area with 4,000 sq ft weight training facility.

Performance enhancement:

Medical and physio staff available on campus.

Club Affiliation:

Chinook Track and field Club.

Competition schedule:

U of L athletics schedule varies by season.

Awards/scholarships:

The Jimmie Condon athletic scholarships - \$1,800 value (Alberta resident for one year). Provincial award: 15 men and 15 women. Pronghorn Athletics awards more than \$400,000 in scholarships and fees annually. The U of L is committed to developing and recruiting high performance athletes through financial support. CIS rules allow schools to award student athletes their full tuition and fees. Total scholarship amounts available vary depending on the team and annual budgets. All student-athletes are eligible for additional, general academic University scholarships and bursaries and are encouraged to apply. The University also offers many awards based on academic success.

About the University of Lethbridge:

Academically, our small classes allow direct interaction with your professors and our liberal education environment enables you to explore other areas of interest and helps you meet your career goals. In all, the University offers more than 150 programs through six Faculties and Schools. Pronghorn Athletics is the heart of the Lethbridge sporting community. The amount of media coverage is unprecedented, and the droves of Pronghorn faithful that follow and attend Pronghorn athletic events truly reflects the passion southern Alberta has for its teams.



UNIVERSITY OF MANITOBA (Winnipeg, MB)



UNIVERSITY
OF MANITOBA

Name of Head Coach: Claude Berube
Head Coach Phone #: 204-474-8989
Head Coach E-mail: berubecr@ms.umanitoba.ca

Website: www.gobisons.ca
Team Name: **Bisons**

Head coach biography:

Claude is a certified NCCP level 5 coach who has been the Head Coach for the University of Manitoba for over 10 years. He has been the recipient of 2005 CIS Women's Track & Field Coach of the Year and 2008 Canada West Men's Track & Field Coach of the Year.

Assistant coaches:

Scott Dressler (level 3 PV); Melanie Gregg (level 2 HJ); Donna Kaye (level 3 Sprints/Relays); Wayne McMahon (level 3 CE); Dallas Mooney (level 3 Hurdles/Jumps); Marvin Nash (level 3 Sprints/Hurdles); Jill Neumann (level 4 Throws); George Tanner (level 3 Sprints); Bruce Pirnie (level 4 Throws); Russ Zacharias (level 3 Sprints/Hurdles).

Top athletes:

Quin Ferguson (CIS 600m and 4 x 200m – Silver Medalist); David Szczepaniak (CIS 4 x 200m – Silver Medalist); Zacharie Durand (CIS 4 x 200m – Silver Medalist); Kieran Moolchan (National Junior 110m Hurdles – Gold Medalist) Joshua Gundrum (National Junior Triple Jump – Gold Medalist); Caley Miskimmin (2007 CIS 60m Finalist); Diana King (2008 CIS 4 x 200m and 4 x 400m – 4th); Meaghan Woo (2008 CIS 4 x 200m and 4 x 400m – 4th); Katrina Bruckschwaiger (2008 Canada West All-Star X-Country).

Team results: 2008:

XC Men – 3rd Canada West and 6th at CIS; XC – Women – 5th at Canada West and 14th at CIS; T&F- men- 1st at Canada West and 8th at CIS; T&F women – 5th at Canada West and 14th at CIS.

Training facilities:

The indoor track at the University is the Max Bell Centre. It has 6 lanes of banked Mondo and a 10 lane sprint straight. The outdoor facility is the University Stadium, which is a 400m Mondo track that was built for the 1999 Pan Am Games.

Performance enhancement:

There are 3 full time certified athletic therapists and massage therapists available as well as student therapists assigned to work with the team.

Club affiliation:

The University of Manitoba Track & Field / Cross Country teams is made up of athletes who also represent the Bison Track and Field Club, the Winnipeg Optimists, and the Flying M Track and Field Club during the summer months.

Competition schedule:

There are 6-10 cross country events and approximately 15 Track & Field provincial, national and invitational competitions in the schedule.

Awards/scholarship:

The University of Manitoba issues between \$25,000 and \$30,000 in Athletic Awards to the Track & Field / Cross Country teams. There are an additional 10 special awards of \$300- \$1,000 also given to members of the team based on specific criteria.

About the University of Manitoba:

The University has a long tradition in both Cross Country and Track and Field. Bison Men's teams have won 7 CIS/CIAU Men's Team Championships along with 9 Canada West Titles. The Bison Women's program have won 1 CIAU Team Championship along with 4 Canada West Titles. Throughout the years, over 200 University of Manitoba Track & Field and Cross Country athletes have achieved All-Canadian status. The Bison program offers excellent coaching in all events. We also offer a unique opportunity to study French at the College Universitaire St-Boniface, while living in western Canada.



McGILL UNIVERSITY
(Montreal, QC)



Name of Head Coach: Dennis Barrett
Head Coach Phone #: 514-398-7000 ext 01646
Head Coach E-mail: dennis.barrett@mcgill.ca

Website: www.athletics.mcgill.ca
Team Name: Redmen & Martlets

Head coach biography:

Coach Barrett has a B.Sc in Health Sciences and Physical Education from Austin Peay State University in Clarksville, Tennessee, where he received a track scholarship. He also competed for McGill becoming the track team's first All-Canadian. Presently Dennis also serves as McGill's Strength and Conditioning Coordinator with a certificate in speed, agility and strength and conditioning (CSCS), (SAC). He has coached 42 All-Canadians during his 24 year tenure as head coach and earned Quebec university conference coach-of-the-year status 20 times in track and 29 times in cross-country.

Assistant coaches:

Frederick Bouchard (pole vault); Mike Babb (XC&mid-dist); Cyrus Bilimoria (sprints); Jerome Faverial (sprints/hurdles); Fabio Lamberto (HJ); Alfredo Villar-Sbaffi (LJ&pent); Catherine Megias; Andrea Wheeler (hurdles); Martin Angel (XC&mid-dist), Maxime Harel (throwing events)

Top athletes:

Sarah Ali-Khan, Dr. Linda Thyer, Tandra Dunn, Lauren Whyte, Melanie Choiniere, Elaine Penny, Stephanie Welsh, Carly Moher, Lauren Whyte, Elspeth McGregor, Alex Hutchinson, Jean-Nicolas Duval, David O'Hara, Derek Covington, Aaron White, David Faille, Blair Bateson, Brendan Rehel.

Team results:

XC: Women have won 20 QSSF (Quebec) conference titles and men have won 8 QSSF conference titles in the last 15 years. Track and field: Women have won 14 QSSF conference titles and men have won 6 QSSF conference titles in the last 20 years.

Training facilities:

The indoor venue is the Richard. H. Tomlinson Fieldhouse, which features one of the best indoor tracks in the country and has hosted many provincial and national championships. Outdoor training is done in Molson Stadium. Mount Royal offers excellent conditions for XC and trail running. McGill has a well equipped weight room.

Performance enhancement:

The McGill Sports Medicine Clinic is on site and dedicated therapists are present at all team practices.

Competition schedule:

The schedule consists of competitive provincial and national meets, as well as US invitational opportunities.

Awards/scholarships:

McGill University's endowment toward athletic financial awards totals \$240,000 with annual individual awards ranging from \$1,000.00- to a maximum of tuition and ancillary fees.

About McGill:

McGill has a great legacy in sports, with track and field dating back to 1899. It is one of Canada's best known institutions of higher learning and one of the country's leading research- intensive universities. From a small college in 1821, McGill has grown into a bustling university with 2 campuses, 11 faculties, some 300 programs of study and more than 33,000 students. The university partners with four teaching hospitals to graduate over 1,000 health professionals a year. For information visit: <http://www.mcgill.ca/prostective/> or <http://www.mcgill.ca/student-accounts/fees/>. For information on tutorial services, see <http://www.mcgill.ca/tutoring/who>.



Name of Head Coach: Rory Sneyd
Head Coach Phone #: 905-689-9851
Head Coach E-mail: sneydr@mcmaster.ca

Website: www.marauders.ca
Team Name: **Marauders**

Head coach biography:

Coach Sneyd is a graduate of Eastern Michigan University and has been at McMaster since 2006. The team continues to improve each year and is fast becoming a high performance program among universities. In 2008, the women's cross team captured bronze at the OUA Cross Country Championships, and placed 4th at the CIS Championships. These were the best-ever finishes for the Marauder women at these championships. In 2008, Coach Sneyd was named the OUA Women's Cross Country Coach of the Year.

Assistant coaches:

Eric Enders (sprints), Paula Schnurr (endurance; two-time Olympian in 1500m), Peter Self (endurance).

Top athletes:

Jessica Pearo (8th at OUA XC in 2008; 12th at CIS XC -2008; 6th in 3k at 2008 OUAs); Noah Fleming (5th in 600m at 2008 OUAs), Jillian Wyman (10th at OUA XC in 2008; 11th at CIS XC-2008); Larry Abbott (21st @ 2008 CIS XC Champs) Team results: Women: 5th at OUA XC and 7th at CIS XC in 2007; men: 5th at 2007 OUA XC.

Team Results:

Women: 3rd at OUA XC and 4th at CIS XC in 2008; Men: 5th at 2008 OUA XC, 11th at 2008 CIS XC.

Training facilities:

Indoor training is held at the David Braley Centre which has a 200m indoor track. There is outdoor 400m track on campus beside the Ron Joyce Stadium.

Performance enhancements:

The 4700 square foot state of the art David Braley Sports Medicine and Rehabilitation Centre boasts an in-ground, salt water hydrotherapy pool with underwater treadmill and video analysis system as well bracing and sport medicine retail store. The certified sports medicine staff specialize in everything from physiotherapy to active release therapy and acupuncture. There are also several specialists such as orthopaedic surgeons, massage therapists and a chiropractor. McMaster has a unique 12 month strength and conditioning program that meets the needs of XC and track programs for in and out of season needs.

Competition schedule:

In addition to the OUA schedule, McMaster XC and Track teams have expanded their season to include the prestigious Loyola Lakefront Invitational in Chicago, the McGill XC and Track meets in Montreal, and the Meyo Invitational meet held at the University of Notre Dame in South Bend, IN.

Awards/scholarships:

Academic entrance awards and bursaries are available through the Scholarship & Financial Aid Office (<http://sfas.mcmaster.ca>). Athletic Scholarships up to \$3,500 are available to incoming athletes who have an 80% average.

About McMaster:

McMaster, a world renowned research-intensive university, fosters a culture of innovation and commitment to discovery and learning in teaching, research and scholarship. Based in Hamilton, the University, one of only 4 Canadian universities to be listed in the top 100 Universities in the world, has a student population of 23,000 and an alumni population of more than 125,000 from 128 countries.



UNIVERSITY OF MONCTON (Moncton, NB)



UNIVERSITÉ DE MONCTON
EDMUNDSTON MONCTON SHIPPAGAN

Name of Head Coach: Steve LeBlanc
Head Coach Phone #: 506-858-4196
Head Coach E-mail: leblanste@umoncton.ca

Website: www.umoncton.ca
Team Name: **Aigles Bleues**

Head coach biography:

Steve LeBlanc has over ten years of experience coaching in the CIS; he is NCCP certified Level 3 in Jumps and Sprints and is the head coach of the Atlantic region for Athletics Canada.

Assistant coaches:

Charles Babineau (Throws, NCCP Level 3); Joël Bourgeois (Cross Country and Endurance, NCCP Level 2); Jules Comeau (Cross Country and Endurance, NCCP Level 1); Peter Stuart (Jumps and Throws, NCCP Level 3).

Top athletes:

Gabriel LeBlanc, 300m, 36.35; Jean-Marc Doiron, 600m, 1:23.27; Pierre Landry, LJ, 6.96m; Sara Miller, LJ, 5.35m; Valerie Verdier, SP, 10.01m

Training facilities:

Indoor – Vance Toner Fieldhouse (167m 4 lane / 5 lane 60m, with full jumps and throws facilities). The campus has hosted Canadian National XC Championships and CIS XC Championships.

Performance enhancement:

The team has training staff as well as access to medical services on campus (physiotherapy, massage therapy, nutritional and sport psychology consultants, etc).

Club Affiliation/Partnerships

Presently affiliated with *le club d'Athlétisme Sud-Est* / South East Athletics club. The Atlantic Athletics Centre, an organization to promote development and high performance in athletics, is situated in Moncton and is under the guidance of coach Leblanc.

Competition schedule:

Cross country: 4-5 competitions as well as the AUS and CIS Championships. Track and field: 4-5 competitions (including the McGill Team Challenge) as well as AUS and CIS Championships.

Awards/scholarships:

The Track & Field and Cross Country teams have a total of \$1,600 for the men's team and \$2,500 for the women's team available as athletic scholarships. The university gives out approximately 190 entry scholarships each year and many other academic bursaries valued from \$1,000 to \$4,000 each.

About the Université de Moncton:

The UdeM is associated with a regional high performance centre, the *Centre for Athletics – Atlantic*, and will host the 2010 IAAF World Junior Championships in a brand new world class stadium. The university is the only Francophone University competing in the AUS conference; it offers programs in education, administration, engineering, arts and social sciences, health sciences, and science. There are approximately 5,000 students enrolled in the university; typical tuition fees were \$4,920 for 2007-08; on campus student housing is available.



UNIVERSITY OF OTTAWA (Ottawa, ON)



uOttawa

Name of Head Coach: Andy McInnis
Head Coach Phone #: 613-247-4886
Head Coach E-mail: andymcinnis@bellnet.ca

Website: www.geegees.ca
Team Name: Gee-Gees

Head coach biography:

Head Coach McInnis is a level 5 NCCP certified coach with 30+ years experience in the sport at all levels (Club / University [CIS & NCAA]) including many international assignments. He is a former Director of National Teams with Athletics Canada along with serving as the Head Coach for the Canadian team at the 1996 Olympic Games. He has extensive knowledge in many event areas.

Assistant coaches:

Ray Elrick, Vince Fay, Nathalie Cote, Alain Boucher (endurance); Glenroy Gilbert, Andrew Pagé, Hugh Conlin, Ken Porter, Normand Seguin, Darcy Cumming, Cecilia Branch, Steve Yorston (sprints/hurdles); field events student-athletes compete under the Ottawa Lions.

Top athletes:

(CIS Medalists) Mike Robertson (300m: 33.94, 400m: 47.45); Tyler Fawcett (hurdles: 8.26); Brian Cummings (300m: 35.39, 600m: 1:19.43); Julia Tousaw (600m- 1:31.61); Christiane Lela (60m: 7.63, 300m: 39.29), Men's 4 x 400m Relay Team (#2 in 2008).

Training facilities:

Outdoors: Terry Fox Athletic Facility; Indoors: The Dome@Louis Riel (the only indoor 400m track facility in Canada).

Performance enhancement:

U of O has a club-based year round long term athlete development model applied with full athlete support services on an ongoing basis. Programs are very "athlete centered" with CIS / OUA Team performances taking a back seat to priority in development.

Club affiliation:

The University of Ottawa and the Ottawa Lions Track Club have a partnership agreement wherein the Lions provide coaching and leadership services to the U of O in cross country and Track. Athletes have the benefit of year round programming with high level coaching in all events.

Competition schedule:

The university program offers a complete XC and T&F schedule involving provincial, national and invitational Canadian and American events.

Awards/scholarships:

uOttawa offers incoming freshman and Graduate School Scholarships. Other opportunities include uOttawa Merit Awards which are given annually to students in 2nd year and up, based on academic and athletic merit. The system at U of O favours other funding such as Quest for Gold; the university has the most Quest for Gold funded athletes in Ontario.

About the University of Ottawa:

The unique, one of a kind club-school partnership has a big impact on athlete development and performance. The University of Ottawa is a bilingual university with a broad range of programs. It is situated in downtown Ottawa creating an exciting atmosphere for the student-athlete.



QUEENS UNIVERSITY (Kingston, ON)



Name of Head Coach: Melody Torcolacci
Head Coach Phone #: 613-533-6286
Head Coach E-mail: qtrack@queensu.ca or mt@queensu.ca

Website: www.gogaelsgo.com
Team Name: **Gaels**

Head coach biography:

Melody is a fully certified NCCP Level 3 Sprints, Level 3 Throws, and Level 2 Jumps coach. A 7-time national champion, 4-time CIS Champion and OUA shot put record holder Melody has represented Canada at numerous international events including two Commonwealth Games, a Pan Am Games, a FISU Games and a World Championship.

For the past 21 years Melody has been the head track and field coach, an adjunct instructor in the School of Kinesiology and Health Studies, and a strength and conditioning coach.

Assistant coaches:

Wayne Bulak (sprints and hurdles; 14th season), Ted and Shelley Farndon (Jumps 10th season), Kevin Dunbar and Amy Schneeberg (distance).

Top athletes:

Braden Novakowski: 2004 OUA/CIS ROY XC; OUA XC Champion 2006; CIS Silver Medallist/All Canadian 1500m in 2006; CIS Silver Medallist/All Canadian 1000m in 2008. Matt Hulse: 2008 OUA Gold Medal in 1500m; 2008 CIS Silver Medallist/All Canadian in 1500m; 2008 CIS Bronze Medallist 1000m. Leslie Sexton: 2007 OUA XC Bronze Medallist; 5th 2007 CIS XC; FISU XC Qualifier - top Canadian finisher at FISU XC; 2008 OUA Silver 3000m. Leah Larocque: 2007 and 2008 OUA XC Second Team All Star. Veronica Catry: 60m - 7.74 CIS qualifier. Jan Stirling: 300m - 40.55; 2006 Silver Medallist/All Canadian 4x400m

Team results:

Queen's men have won 4-CIS XC Championship Banners and 5-OUA Championship Banners. Queen's women have won 4 OUA XC Banners. On the track Queen's has consistently brought home OUA and CIS medals. Best CIS finish is 4th for the men and 6th for the women.

Training facility:

Training indoors takes place at the 200m track at CFB Kingston. Queen's is building a new field house which will contain a championship quality track and field venue. Various sites are used outdoors including the OUA/CIS/FISU Championship XC course at Fort Henry, the grass grounds at KPH, and local conservation areas.

Performance enhancement:

Team members have access to the Queen's Training Room. In addition to certified therapists, the team has an assigned student trainer. Sports medicine doctors are available and there is a physiotherapy clinic on campus.

Competition schedule:

XC normally competes at 3-5 invitational events prior to Championships. Track and Field has 7 invitational meets before championships. Competitions are a mix of Canadian and American Invitationals.

Awards/scholarships:

The Rolf Lund Award, John A. Watts Award, and Nancy Potvin Award are exclusive to T&F/XC. The Mary and Jim Courtright Student Award is track and field centric. T&F/XC athletes have also received Women's Golden Gaels Awards. The team also offers, at the discretion of the head coach AFA's (Athlete Financial Awards) to top recruits. Queen's University provides in excess of \$21 million dollars annually in student financial assistance (both merit based and need-based). Queen's distributes more than \$1 million dollars to student-athletes with approximately 40% of Queen's athletes receiving awards.

ABOUT QUEEN'S:

Queen's combines an internationally recognized education (consistently in MacLean's top-3 rankings for medical/doctoral based universities) a small, picturesque, contained, residential campus adjacent to Lake Ontario which is rich in history and "Queen's Spirit". T&F/XC athletes exemplify all that Queen's stands for as they are a spirited group that excels on and off the track (30-35 annually achieve Academic All-Canadian honours), many win significant scholarships including 2 Rhodes Scholars.



UNIVERSITY OF REGINA (Regina, SK)



Name of Head Coach: Carla Nicholls
Head Coach Phone #: 306-337-2366
Head Coach E-mail: carla.nicholls@uregina.ca

Website: www.uregina.ca
Team Name: **Cougars**

Head coach biography:

Level 3 certified Jumps, Sprints, Combined Events; 2006 to present: Writer for the new NCCP manuals for Track and Field, Athletics Canada. 2006 to Present: Master presenter. 2005 Event Coach (Heptathlon, Decathlon) Pan Am Jrs, Windsor, Ont. 2007 Head Coach NACAC Combined Events, Santa Domingo, Dominican Rep. 2007 Events Coach (Jumps and throws) FISU (World University Games), Bangkok, Thailand. 2008 Events coach Olympic Games Beijing.

Assistant coaches:

Bob Polischuk (jumps); Bruce McCannel (jumps); Al Seon (Sprints and hurdles); Terry Mountjoy (throws); Graeme McMaster (distance and men's cross country); Larry Longmore (middle distance/women's cross country).

Top athletes:

Janine Polischuk MVP CIS Champs 2008, Can west MVP 2008. CIS Championship Gold medalist Triple jump, gold medalist long jump and silver medalist 60m Hurdles. Wade Huber CIS silver medalist Long jump and Saskatchewan record holder in long jump, Shawn Peters CIS gold medalist Triple Jump, Sean Jestadt CIS silver medalist Triple jump, Gold medalist high jump Can West Champs, Aaron Gullacher CIS gold medalist 60m Hurdles, Darren Peters CIS Silver medalist mens' Pentathlon, Nicole McKell CIS Silver medalist Long jump, Can West Gold medalist 60m Hurdles, Can West gold medalist 60m.

Training facilities:

Outdoor training facility at the 2005 Canada Summer Games Park (brand new track surface laid 2005). Indoor training facility at the Centre for Kinesiology and health studies, University of Regina (exclusive use by the team during practice times). Brand new Mondo surface laid in June 2008 plus top of the line weight training equipment (2 weight rooms).

Performance enhancement:

Year round physiotherapy and sport medicine coverage available to all Cougar athletes at the Allied Health Center which is located 20m from the indoor track facility.

Club Affiliation:

Excel Athletika Track Club, Regina Sk (www.excelathletika.ca)

Competition schedule:

Jan 10 - Dual/KofC Saskatoon; Jan.17- Golden Bear Edmonton; Jan. 24-Sled dog Saskatoon; Jan31-Cargill Winnipeg; Feb 7- Regina Kinsmen Regina; Feb 27-28 CW's Regina; Mar 12-14 CIS Windsor Ontario.

Awards/scholarships:

Numerous awards and scholarships for entering and continuing student athletes including scholarships for Academic All Canadian student athletes.



SAINT MARY'S UNIVERSITY

(Halifax, NS)



One University. One World. Yours.

Name of Head Coach: Kevin Heisler
Head Coach Phone #: 902-443-5485
Head Coach E-mail: kheisler@ns.sympatico.ca

Website: www.smu.ca/athletics
Team Name: Huskies

Head coach biography:

Coach Heisler is a Level 3 certified coach in middle and long distances. He has served as head coach with the university and has been a member of several Athletics Canada national teams in the capacity of event coach and head coach.

Assistant coaches:

Winston Manual (level 3 sprints); Craig Grace (level 2 throws).

Top athletes:

Endurance: Ashley Ryder, Gerald Demers; Sprints: Kayla Marcotte; Sprints/jumps: Fraser O'Neill; XC) Kelsey Daley; Throws: Garrett Ramey.

Training facility:

Workouts for the team take place at Saint Mary's 400m outdoor track, and indoors at Stadacona Track and the Dalplex Track. The cross country teams work out at Point Pleasant Park and Halifax Commons.

Performance enhancement:

The team has access to 2 athletic therapists.

Club affiliation:

The Saint Mary's Huskies are affiliated with the Halifax Wanderers.

Competition schedule:

The Huskies' schedule includes meets at the Dalplex, the McGill Team Challenge, AUS and CIS Championships.

Awards/scholarships:

The university has financial and alumni awards and performances incentives. Please contact the head coach for details.

About Saint Mary's University:

Saint Mary's offers good financial support, caring knowledgeable coaches, excellent facilities and a great city! The university is primarily an undergraduate university with an excellent Commerce Program.



UNIVERSITY OF SASKATCHEWAN (Saskatoon, SK)



Name of Head Coach: Joanne McTaggart (T&F), Jim Holmstrom (XC)
Head Coach Phone #: 306-966-1020
Head Coach E-mail: joanne.mctaggart@usask.ca & jim.holmstrom@usask.ca

Website: huskies.usask.ca
Team Name: Huskies

Head coach biography:

Joanne McTaggart has her NCCP Level 3 Sprints and Hurdles. She was a member of Canada's National team 1972 – 1980, a member of Pan American Games team 1975 and a member of Canadian Olympic team in 1976.

Jim Holmstrom enters his sixth year as head coach. He is certified at Level 2 in Sprints, Hurdles and Jumps, Level 3 in Distance, and is enrolled in the NCI Saskatchewan to work toward his level 4.

Assistant coaches:

Ivan Tam - Assistant Coach - Level 3 Sprints & Hurdles; Todd Johnson - Multi events coach Level 4 Sprints & Hurdles; Dean Bertoia - Level 3 Throws; Doug Medernach - Level 3 Throws; Kevin Cummins - Level 2 Jumps; Dave Christianson - Level 2 Distance; Sarah Junken - Multi events; Jason Reindl - Level 3 Sprints & Hurdles; Lyle Sanderson - Master Coach all events; Brad Spokes - Cross Country assistant

Top athletes:

Taylor Petruca (pole vault), Leah Vause (pole vault), Sharae Siemens (sprints), Chantal Spies (throws), Josh Simair (sprints), Jodi Souter (cross country), Caitlin Warkentin (cross country), Matt Mazurik (cross country)

Training facility:

Saskatoon Field House has a 200-m flat track with excellent strength training facilities adjoining. Next to the Fieldhouse is Griffiths stadium, which has a 400-m chevron surface. Athletes can also train at the PAC with an indoor track and high performance weight centre. Cross country athletes use Griffiths Stadium.

Performance enhancement:

On site trainers during training and at all meets. Physical Therapists: Rhonda Shishkin, Jessica Pawlik.

Club affiliation:

Affiliated with Saskatchewan Athletics; as well as Saskatoon and Riversdale Track and Field Clubs

Competition schedule:

T&F: Annual competitions: Saskatchewan hosted Prairie Dual, Alberta hosted Golden Bear Open, Saskatchewan hosted Sled Dog, Manitoba hosted Cargill, Regina hosted Cougar Open, Canada West Championship and CIS Championship. XC: Annual competitions in Regina, Calgary, Saskatoon and at the CIS Championship.

Awards/scholarships:

The track & field team gave away \$26,000 in scholarships last season — averages to \$1,000 per award.

About University of Saskatchewan:

The University of Saskatchewan opened in 1907. Huskie Athletics is administered at the university by the College of Kinesiology. Huskie Athletics is an integral part of the University of Saskatchewan's goal of providing intellectual, cultural, social and physical activities as part of the university's mission of achieving academic excellence.



UNIVERSITY OF SHERBROOKE (Sherbrooke, QC)



Name of Head Coach: Richard Crevier
Head Coach Phone #: 819-821-8000 ext 62549
Head Coach E-mail: richard.crevier@usherbrooke.ca

Website: www.USherbrooke.ca/sport
Team Name: **Vert & Or**

Assistant coaches:

Vincent Paquet (XC/endurance): Jacques Petit (CE); Ibrahim Meite (sprints); Yves Roy (jumps); Francois Thénault (PV).

Top athletes:

XC/Endurance: Alex Genest, James Poulin Cadovius; Sprints/Hurdles: Marie-Eve Dugas, Shane Labelle, Valery Komenan; CE: Pascale Delisle, Yassine El Fouladi; Jumps: David Foley.

Team results:

Men: Conference champions (nine years in a row), 5 time CIS Canadian Champions and 3 times 2nd in past 11 years; Women: 2nd in conference and in top 10 at National level in 2008

Training facilities:

Indoor stadium (1200 seats) - 200m Mondo track, Outdoor Stadium (6000 seats) – 400m Mondo track (International certification), Outdoor Stadium (800 seats) 400m Mondo track, Cross-Country training trails (on & off campus)

Performance enhancements:

Medical support: doctors, physiotherapists, massage therapists, chiropractors and sport psychologists.

Competition Schedule:

Quebec Athletics Federation competitions series, CIS competitions series, NCAA competitions series, FIAA competitions series.

Awards/scholarships:

Access to funding from the *Foundation de l'athlète d'excellence du Québec* and the *Foundation Athletas de L'Université de Sherbrooke*; possibility of team sponsorship (ASICS) and academic support is also available.

About the University of Sherbrooke:

Université de Sherbrooke has a student population of 36,000 (17,000 full-time). There are 9 faculties (Administration, Law, Sport and Physical Education, Engineering, Literature and Human Studies, Medicine and Health sciences, Science and Theology, Ethics and Philosophy). There are 50 different bachelor degree programs (not counting possibilities of minors), 48 Masters programs and 27 Doctorate programs. Most faculties also offer different certificate and/or diploma programs and micro programs. There are 330 different programs in all areas of human activity. Université de Sherbrooke boasts the best university athletics program in the province of Quebec and one of the best in Canada. Athletes are well supervised and supported from beginning to end in the only athletics provincial training centre recognized in Quebec. All staff involved are experienced in hosting international athletics events as the 2003 World Youth Championships. Athletes also have access to support for high level athletes in called *Excellence Sportive Sherbrooke*.



SIMON FRASER UNIVERSITY

(Burnaby, BC)



Name of Head Coach: Brit Townsend
Head Coach Phone #: 778-782-3382
Head Coach E-mail: btownsen@sfu.ca

Website: www.sfu.ca
Team Name: **Clan**

Assistant coaches:

Tom Dickson (sprints & hurdles level 3); Jerrold Jones (jumps level 3); Jerry Tighe (endurance); Harold Willers (throws level 3).

Top athletes:

Ruky Abdulai (Jumps: # 1 in Canada in LJ, 17 NAIA National titles); Jessica Smith (800m: silver medal Pan Am Juniors); Dylan Gant (3k steeple: NAIA All American , XC: indoors and outdoors); Traci Boss (400m Hurdles: All American); Rebecca Johnstone (800m: Top 3 in Canada for 800m, finalist World Student Games); Julia Howard (Top 3 in Canada for 800m and 1500m 2007, World Student Games, Pan Ams); Meredith Macgregor (#1 ranked steeplechaser in Canada)

Team results:

SFU is a member of the NAIA and as such competes extensively in the US against top NAIA and NCAA schools. We have won numerous national team and individual titles and recently came away with our 5th consecutive NAIA XC women's title –this was the most ever in NAIA History.

Training facilities:

SFU has an International Track and Field facility that has hosted the Canadian Legion Championships, which includes a top level surface and all runways and throwing circles. Trans Canada Trail comes right over SFU and the University is located on top of a mountain. Lots of fields and trails for all types of training ; top weight training facility with all the aerobic machines and all kinds of weights; indoor jogging track, indoor pool, and diving tank.

Performance enhancement:

Support from medical doctors, physiotherapists, trainers; counseling for nutrition, sports psychology.

Club affiliation:

Several affiliations with local clubs and Pacific Sport. Head Coach Townsend is the Regional Distance Coach for Pacific Sport.

Competition schedule:

SFU competes almost exclusively in the US with some local and home meets. Included in our schedule are meets in California, Oregon, Washington; past national championships have been held in Tennessee, Wisconsin and Missouri.

Awards/scholarships:

SFU offers several athletic scholarships to athletes; these are determined by the Head Coach and related to performance and potential. There are also numerous bursaries available to students as well as many academic scholarships for top students. In addition, we are able to nominate top student-athletes for the Jack Diamond Award which is one of the top entrance awards at SFU.

About Simon Fraser University:

For many years SFU has been one of the top ranked comprehensive universities in the country. Tuition costs for a full year are approximately \$4,000 and include a bus/sky train pass. Our program is unique in that we offer 3 National Championships and are able to offer top competition against the best NCAA schools while still obtaining an honoured Canadian education. Our program is high performance and offers all the support services necessary for the athletes to reach the next level. Also unique is the fact that many of our athletes continue to train within our program after they have graduated.



ST. FRANCIS XAVIER (Antigonish, NS)



Name of Head Coach: Bernie Chisholm
Head Coach Phone #: 902-867-2310
Head Coach E-mail: bochisho@stfx.ca

Website: www.goxgo.ca
Team Name: **X-men & X-women**

Head coach biography:

Head Coach Bernie Chisholm has been coaching the StFX cross country and track teams for the past 22 years, plus he has several years of international and national coaching experience. He has been recognized with several honours, including 7 AUS Coach of the Year awards (2 men's and 5 women's) and is a member of the Nova Scotia Sport Hall of Fame. He also coached at the high school level for 35 years, winning 57 provincial titles, and he led the X-Women cross country team to their first CIS medal, winning the bronze in 2007. During Bernie's time with the StFX cross country and track programs he has had 5 athletes represent Canada in international competitions.

Assistant coaches:

Lindsay Tasche (sprints)

Top athletes:

Current All-Canadian track and cross country runners from the current StFX team include: Monika Preibischova, Gina Stewart and David Gerych; past team members include Kim Hill, Erin MacLean, Leanna MacLean, Michelle Chisholm, Lavinia Gough and Eric Gillis.

Training facilities:

The X-Men and X-Women train at the StFX Keating Millennium Centre on an indoor running track, as well as a standard, 400m outdoor track and an on-site 5 km cross country course.

Performance enhancement:

Team Doctor: Dr. David Cudmore; Athletic Therapists: Tara Sutherland, Katrina Lambert; Student Therapist: April Fisher.

Club Affiliation:

Antigonish Track Club

Competition schedule:

The X-Men and X-Women participate in exhibition indoor meets throughout January and February in Atlantic Canada and culminate their season with the AUS championship in late February (Moncton, NB), along with the CIS championships.

Awards/scholarships:

Opportunities for financial support are available by visiting the StFX Financial Aid office website at <http://www.stfx.ca/services/financial-aid/index.htm>. Athletic financial awards are available by contacting StFX head coach Bernie Chisholm.

About St. Francis Xavier:

StFX University is a small school (approx. 4000 students) located in Antigonish, a small town in north-eastern Nova Scotia. Class sizes are typically small, which allows students and faculty members to get to know one another personally, making for an excellent learning environment. Each year, graduating seniors receive their coveted 'X-ring' at a special ceremony - the Feast of St. Francis Xavier. StFX has been ranked as the top undergraduate university in Canada for each of the last five years by MacLean's. StFX has strong and loyal alumni, and a rich history of academic, social and athletic excellence.



UNIVERSITY OF TORONTO (Toronto, ON)



UNIVERSITY OF
TORONTO

Name of Head Coach: Carl Georgevski
Head Coach Phone #: 416-978-2991
Head Coach E-mail: carl.georgevski@utoronto.ca

Website: www.torontotrack.com
Team Name: **Varsity Blues**

Head coach biography:

Carl is a graduate of the U of T program. His main area of expertise is in Jumps events and he has extensive knowledge in strength and power development. He has worked with many successful athletes such as Milt Ottey and Greg Joy as well as developing athletes such as Alex Zaliauskas and Michael Ponikvar. Carl was the National Coordinator for Jumps with Athletics Canada for many years.

Assistant coaches:

Jill Mallon (level 4 endurance); Dave Hunt (level 4 hurdles); Greg Morris (level 2 sprints); Ross Ristuccia (level 3 XC/ End.); Arye Roesnoer (level 5 PV); Dave Hay (level 3 jumps).

Top athletes:

Endurance: Megan Brown, Tamera Jewett; High Jump: Mark Dillon; Hurdles: Mark Stewart, Sarah Wells; Pole Vault: Jason Wurster; Combined Events: Massimo Bertocchi.

Training facilities:

Provisions are available for XC and all Track and Field events. Facilities are the University of Toronto Athletic Centre (indoors) and Varsity Stadium (outdoors- built in 2007).

Performance enhancement:

David McIntosh Sports Medicine Clinic serves the team and Ed Ratz is the head therapist.

Club affiliation:

University of Toronto Track Club (UTTC).

Competition schedule:

During the year, the university competes in 12-15 competitions at the provincial and national levels in Canada, as well as several competitive opportunities in the US. These have included meets such as Penn Relays, Drake Relays, Florida Relays, Cardinal Invitational (Stanford) and Mt Sac Relays.

Awards/scholarships:

Athletic awards are available to all students that compete at a varsity level at the U of T. For more information visit: <http://www.ac-fpeh.com/academic/undergrad/awards.php> or <http://www.adm.utoronto.ca/>

About the University of Toronto:

- a) Focus on "athlete centered" program. Our program believes in helping athletes achieve excellence in academics and athletics and promotes positive personal values.
- b) U of T has a long history of producing national and international stars in the sport. Many carded athletes have been members of the Blues team (Megan Brown, Mark Dillion, Jason Wurster, Sarah Wells, and Massimo Bertocchi).
- c) There are annually many Quest for Gold funded athletes (5 in 2008).
- d) Yearly training camp for all team members at the NTC in Florida.
- e) The training facility, Varsity Centre, is one of the best in Canada.
- f) A renowned sports medicine clinic that serves the team.
- g) Athletic Scholarships are available.
- h) The team has comprehensive training support which is available year round.



UNIVERSITY OF VICTORIA (Victoria, BC)



University
of Victoria

Name of Head Coach: Brent Fougner
Head Coach Phone #: 250-721-8408
Head Coach E-mail: bfougner@uvic.ca

Website: govikesgo.com
Team Name: **Vikes**

Head coach biography:

Brent has been named 8 times as CIS Coach of the Year in Cross Country and has led the Vikes athletics program since 1987. He has been successful leading the men's and women's team to of 9 CIS national championships. Brent holds a share of the CIS record in both men's and women's cross-country division for most consecutive Coach of the Year awards with four.

Assistant coaches:

Keith Butler (middle distance); Ingrid Ruys (sprints).

Top athletes:

U of Vic program has produced 5 Olympians and numerous national team athletes.

Team results:

13 Cross Country Team Championships (19 top three finishers). University of Victoria has over 130 CIS individual and relay medalists. The Vikes hold 18 top 10 All Time Performances in CIS track.

Training facilities:

The Vikes have access to world class training facilities at Centennial Stadium. It was the host venue for the 1994 Commonwealth Games and the 2000 and 2004 Olympic Track & Field Trials. Along with numerous soft surface trails and local parkland training settings, Victoria's temperate climate (average winter temperature is 8 degrees C) allows for year round outdoor training.

Performance enhancement:

Qualifying varsity athletes can access a variety of programs and services as well as financial support towards accommodation, training camps and competitions.

Club affiliations/ Partnerships:

The University of Victoria program is affiliated with PacificSport National Training Centre. Athletics Canada identifies Victoria as its primary training centre for endurance athletes.

Victoria is home to Wynn Gmitroski, a world class coach of endurance athletes, and Garry Reed, 4th place Olympian in 2008 in the 800m.

Competition schedule:

The Vikes compete in cross country and track competitions against NCAA division 1, 2 and NAIA schools on the west coast from California up to British Columbia. During the outdoor season the team competes in targeted high performance meets leading up to National Championships and European tours.

Awards/scholarships:

In previous years, the University of Victoria cross-country and track program has awarded \$40,000 (ranging from \$500 to \$4,000 per athlete). Based on levels of student financial aid, UVic is among the top 20% of Canadian universities. We have increased the value of undergraduate scholarships and bursaries more than 150% in the past five years. **ACADEMIC SCHOLARSHIPS:** Grade 11 90% average in 5 academic courses = \$1,000 Entrance Scholarship. Grade 12 90% average in 4 academic courses = \$1,000 Entrance Scholarship. Higher Averages stand to earn \$4,000 - \$12,000 in Entrance and Renewable Scholarships. Further information on scholarships and financial aid can be found on the UVic website (www.uvic.ca).

ABOUT THE UNIVERSITY OF VICTORIA:

Vikes Athletics is one of the top inter-university athletic programs in the country. The Vikes Cross Country and Track program is well supported by the university, with fully funded varsity team travel (including per diems), 1 full time head coach and 2 part-time assistant coaches. The Cross Country/Track program annually ranks as one of the highest performing varsity programs academically, with 30-40% of the team achieving CIS Academic All-Canadian status (80% average GPA). The University of Victoria is recognized annually as one of Canada's top universities by external surveys and UVic students alike.



UNIVERSITY OF WATERLOO



Name of Head Coach: Jason Dockendorff
Head Coach Phone #: 519-888-4567 ext 33817 or 35869
Head Coach E-mail: jmdocken@uwaterloo.ca

Website: www.warriortrackandfield.uwaterloo.ca
Team Name: **Warriors**

Head coach biography:

Jason is a NCCP certified Level 3 coach in Sprints and Hurdles and has extensive experience in team management. He has been with the team since 1997 and prior to his coaching appointment he was a multiple national championship qualifier and served as men's team captain. His involvement in track and field is wide spread, acting as OUA representative to the CIS as well as serving on, and directing, various sport improvement committees. Jason is committed to leading a well-organized and professional team in a positive learning environment ,providing each athlete with the complete student-athlete experience.

Assistant coaches:

Kate Bickle (Sprints – Level 2, 1st season), Shane Ferth (Assistant Head Coach and sprints – Level 2, 3rd season, certified strength and conditioning specialist and personal trainer), Terry Goodenough (Distance – Level 3, 10th season, coached and competed for numerous national teams), Rick Heemsker (HJ – 9th season, former Canadian High School high jump record holder), Tim Mussar (Throws – Level 2, 18th season, coached numerous internationally ranked athletes), Janusz Tomko (LJ/TJ/Hurdles/multievents – Level 3, 5th season, national junior team coach 2003, 3M Coach of the year 2002)

Training facilities:

Waterloo's Physical Activities Complex has a rubberized activity area used for throws and jumps and includes five 40m lanes, two of which include an additional curve, used for sprint and hurdles training. The complex also has a well-equipped weight room and a pool routinely used for recovery workouts. The Waterloo Memorial Recreation Complex, only 5 min from campus, has a 4 lane 250m indoor track used by the long sprint and endurance groups.

Performance enhancement:

Complete medical support is available at no cost to all varsity athletes. Regular services include physiotherapy, massage, and chiropractic, with specialized medical services such as nutrition or podiatry available upon request or prescription. The team is also assigned two student therapists that accompany the team at practices and competitions.

Awards/scholarships:

Athletic awards are issued on a case by case basis, requiring department approval and adherence to specific athletic and academic standards. Other financial opportunities include academic scholarships and bursaries ranging in value from \$500 - \$3,500. Students enrolled in co-op programs can earn \$30,000 - \$75,000 over the course of their studies.

About Waterloo:

The team's high coach-to-athlete ratio fosters optimal athletic development by providing each athlete with a large degree of individual attention from our knowledgeable coaches. We are committed to providing a high-performance athletic experience coupled with first-rate academics. Our program and training regimen is flexible allowing athletes to give the necessary attention to their studies. The University has a population of 24,342 undergraduates, 3,600 graduates and a staff of 800. Tuition costs are \$5,200 per year for a typical Arts program. The university is perennially ranked among the top universities in Canada and has the world's largest post-secondary co-operative education program. Waterloo has a comprehensive list of programs to cater to the needs and interests of today's students.



UNIVERSITY OF WESTERN ONTARIO (London, ON)



Name of Head Coach: Vickie Croley
Head Coach Phone #: 519-661-2111 ext 85073
Head Coach E-mail: vcroley@uwo.ca

Website: www.westernmustangs.ca
Team Name: **Mustangs**

Head coach biography:

Vickie has been Head Coach of the UWO for 14 years. She is a former varsity athlete in hurdles, jumps and relays and is presently a certified level 4 coach in athletics. Vickie currently coaches high jump & combined events.

Assistant coaches:

Sylvia Kontra (throws); Catherine Bond-Mills, Marty Robertson (sprints); Norm Howes, Ron Becht (endurance); Frank Erle, Chris Williams (jumps); Dave Collins (PV); Harry Stantsos (hurdles).

Top athletes:

The following athletes are recent CIS medalists: Jen Cotten (CE/LJ/4 X 400m), Andrew Judge (LJ/TJ), Alanna Backx (LJ), Shellie McParland (CE), Pat Quilty (TJ), Alex Witmer (HJ), Heather Patterson (Wt Throw, Shot), Tara Paluzzi (4 X 400m), Lisa Grieve (4 X 400m), Jen Perrault (4 X 400m), Randy McAuley (4 X 200m/4 X 400m), Joel Newbert (4 X 200m/4 X 400m), Matt Middleton (4 X 200m), Jason Kerr (4 X 200m), Mario Rigby (4 X 200m/4 X 400m), Rob Gooch (4 X 400m).

Team results:

In 2008, the women placed 2nd and the men 4th at the CIS Championships. Both the women and men placed 2nd at the OUA Championships.

Training facilities:

The University has provisions for track and field and cross country. The Donald J. Wright Track at T.D. Waterhouse Stadium has an 8 lane Mondo surface and provision for all field event groups. Indoor training is done at the Thompson Recreation and Athletic Centre. It has a 200m Mondo oval, an 8 lane Mondo straightaway and areas for all jumps and throws.

Performance enhancement:

At Western you will have immediate access to a team doctor and treatment on campus at the renowned Fowler Kennedy Sports Medicine Clinic. Athletic therapists, massage therapists and chiropractors are available to team members. Graduate students in sports psychology and nutrition are also available to athletes.

Club affiliations:

The London-Western Track and Field Club operates in unison with the university.

Competition schedule:

The University operates a full XC and Track and Field schedule. The track program has approximately 10 scheduled competitions.

Awards/scholarships:

The University offers academic, athletic and a combination of both athletic and academic awards. Last year our Track and Field Team members received \$91,605 in both Athletic and non-Athletic related monies from the university. For information on specific awards and bursaries please go to www.registrar.uwo.ca, www.studentservices.uwo.ca, or www.registrar.uwo.ca/financial_services/workstudy.cfm.

About Western:

The University of Western Ontario is one of the most beautiful universities in Canada. Western offers over 400 different specializations, majors, and minors at the undergraduate level. There are 12 faculties and more than 90 first year courses. Western is renowned for its extensive selection of courses and programs.



UNIVERSITY OF WINDSOR
(Windsor, ON)



Name of Head Coach: Dennis Fairall
Head Coach Phone #: 519-253-3000 ext 2440
Head Coach E-mail: fairall@uwindsor.ca

Website: www.golancers.ca
Team Name: **Lancers**

Head coach biography:

Coach Fairall has been Head Coach of the Lancers for over 24 years. With numerous Coach of the Year awards, his teams have captured an amazing 18 Canadian University Cross Country or Track and Field Championships. Additionally the Lancers have captured 40 OUA Conference titles in cross country and track and field in the past two decades. Dennis has also been Head Coach or Event Coach for many national teams. Most recently, he was Head Coach of the Pan Am Junior Team that competed in Windsor and earned the highest medal count for Canada in the history of the event.

Assistant coaches:

Windsor has a full complement of event coaches covering all event groups.

Training facilities:

The facilities offered for the program comprise The Forge Fitness Centre, an indoor swimming pool, a 200m indoor track and a 400m outdoor track. The outdoor facility hosted the 2005 Pan Am Juniors as well as the 2007 and 2008 National Senior Championships.

Performance enhancement:

The Green Shield Therapy Clinic offers a full line of service to all varsity athletes. The track and field program has excellent ancillary support including athletic therapy, chiropractic services, nutritional counselling, massage therapy and medical support.

Awards/scholarships:

There are awards of \$3,500 for incoming students with 80% average or for a continuing student who maintains a 70% average. There are also a number of awards ranging from \$1,000 - \$16,000. For more information, contact Coach Fairall at fairall@uwindsor.ca. Also available to student athletes is the Work-Study program, Lancer Summer Camps, and other off-campus employment opportunities.

About Windsor:

Windsor is the southernmost university in Canada and offers opportunities to compete regularly against US universities. Windsor has produced 275 CIS All-Canadians in the past 20 years and 85 Academic All-Canadians as well as 20 NAIA All-Americans. Over 50 Lancers have represented Canada on National teams. The schedule has seen the university compete against over 300 American schools, across Canada as well as in Europe. Up to 3 training camps are held regularly. Examples of sites for these camps are Hawaii, Cuba, Puerto Rico, and Florida. The Lancers also supported a European track and field tour and plan to implement this into their regular program. The University of Windsor offers a full range of academic and professional degree programs to its student-athletes. With more than 16,000 full time and part time students, the university is a diverse and close knit community, with students from Canada, the US and abroad. The university provides the students with ten faculties and over 100 programs of study.



YORK UNIVERSITY

(Toronto, ON)



Name of Head Coach: Colin Inglis
Head Coach Phone #: 416-736-2100 ext 44669
Head Coach E-mail: cinglis@yorku.ca

Website: www.sport.yorku.ca
Team Name: **Lions**

Head coach biography:

Inglis has over 10 years experience as head coach of the York Cross Country and Track programs. A graduate of York's Kinesiology and Health Science program, Inglis is a Level 3 Sprints/Hurdles and Jumps coach. He has been named OUA Coach of the Year on 2 occasions.

Assistant coaches:

York University has a full compliment of coaches in all event areas with: Richard Parkinson (level 3 throws); Milt Ottey (level 2 jumps); Dave Small (level 2 distance); Mike Dion (level 3 distance); Arye Rosenoer (PV).

Top athletes:

Kristen Matthews (HJ- 1.83); Heather Hamilton (PV -3.85); David St. Bernard (TJ-15.34); Ryan Finn (600m 1:18.34); Tyrone Halstead (60m- 6.76); Randolph Fajardo (60m- 6.76); Chris Theriau (60mh -8.16); Megan Edney (SP -12.98); Kristen Obrochta (Wt Throw- 14.64).

Team results:

Over the last 10 years the programs have produced 67 OUA Conference All-Stars, 21 CIS All-Canadians, 6 meet record holders, and a National record holder.

Training facilities:

Training is done at the Toronto Track and Field Centre, located on the York campus. The facility has a separate 80m, 8 lane straight, and a 5 lane 200m banked oval. Field event athletes have provisions for LJ, TJ, PV, HJ, SP and WT. The facility also has two weight rooms with Olympic platforms.

Performance enhancement:

Medical and physio therapy support is available in conjunction with the Kinesiology Program in the Gorman/Shore Sport Injury Clinic. This includes access to a sports medical team, sports medicine specialists (orthopaedic surgeons, chiropractors, massage therapists and nutritionists) which provides our team with individual attention and excellent care.

Club affiliation:

The University is connected with the York University Track and Field Club - visit www.yorku.ca/yutc for more details.

Competition schedule:

York athletes compete in a full slate of competitions in the OUA conference, CIS National Championships and at annual provincial and national level meets, as well as with NAIA and NCAA competition. The full schedule can be seen on the team web site.

Awards/scholarships:

Athletic awards in the amount of \$3,500 are offered to top academic/athletic recruits. Sports Excellence Awards in the amount of \$3,000 are offered to continuing students who achieve a B average and meet athletic performance criteria. Also, 3 Lions Track and Field Awards in the amount of \$500 are offered annually to members of the York team. Numerous academic scholarships are available visit <http://www.yorku.ca/web/futurestudents/scholarships/>.

About York:

The coaching staff is dedicated to producing student-athletes that excel both academically and athletically. Top athletes at York commit to year round training and many represent Canada at international events. York is well known as a leading university in the areas of Arts, Engineering and Business, the Physical Sciences and Kinesiology and Health Science in the Faculty of Health.



