

Winnipeg Optimist Athletics

2008 - 2009 Handbook



Table of Contents

ACKNOWLEDGEMENT	1
MISSION.....	1
CLUB PROFILE	2
HIGHLIGHTS OF 2007/08.....	3
WOA COACH REPORTS FOR 2007/08.....	5
UPDATE ON FORMER ATHLETES	10
RECORD-SETTERS	10
ATHLETES NAMED TO TEAMS	11
WOA AWARDS FOR 2006/07.....	13
ANNUAL AWARDS BANQUETS FOR 2007/08.....	15
WOA AWARDS/SCHOLARSHIPS.....	16
WOA-HOSTED EVENTS.....	19
VOLUNTEER REQUIREMENT	20
FUNDRAISING OPPORTUNITIES.....	21
TRAVEL OPPORTUNITIES	24
PARENT CHAPERONES.....	24
WOA ATHLETE TRAVEL POLICY	25
WOA PARENT EXECUTIVE FOR 2008/09	27
WOA COACHING STAFF FOR 2008/09	28
AOTC/WOA CLUB RECORDS.....	29
MEMBERSHIP FEES FOR 2008/09.....	30
WOA MEMBERSHIP APPLICATION	33
VOLUNTEER COMMITMENT FORM.....	34

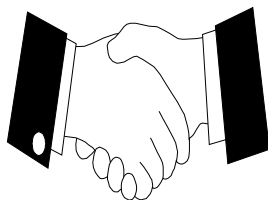
ACKNOWLEDGEMENT

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

The Optimist Club of Assiniboia
Athletics Manitoba
Boeing Canada
The Keg

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

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



MISSION

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

INVITATION

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

WOA and Athletics Manitoba Registration for 2008/09 will take place as follows:

- October 21 + 22, 2008, 5:30 – 7:30 pm
- Seminar Room B, 2nd Flr, Max Bell, University of Manitoba

Athletes and Parents are invited to the **WOA AGM**, which will be held Wednesday, October 22, 2008 at 7:30 pm in Seminar Room B, 2nd Flr, Max Bell (immediately following Registration).

CLUB PROFILE

In the beginning ...

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

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

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

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

In recent years ...

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

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

Winnipeg Optimist Athletics offers the following:

- Certified NCCP club coaches with Provincial and National team experience, providing specialized coaching in all track and field disciplines, as well as a multiple events program. In past years, WOA coaches have also received Manitoba "Coach of the Year" nominations and awards.
- 100% coverage of all local meet entry fees, and up to 50% for national competitions (see page 17 for more details).
- Opportunities for athletes of all ages to develop their maximum level of excellence, while building character and fostering the ideals of good sportsmanship.
- Fundraising opportunities and an athlete account where funds can be accumulated (and often matched by the Club) to offset future expenses related to training, camps, and attending out-of-town competitions.
- Annual banquet recognizing athletes' achievements, including awarding a post-secondary academic/athletic scholarship and performance-based funding
- Leadership role at Legion Athletic Track Camp at International Peace Gardens
- Official meet organization for the Boeing Classic, Provincial Indoor Track & Field Championships and partner for the ALS/Ron Melnichuk Half Marathon and 5K Family Fun Run

HIGHLIGHTS OF 2007/08

Winnipeg Optimist Athletics is represented at the Provincial level of our sport. **Jack Booth** is a member of the Board of Athletics Manitoba.

On November 17, 2007 **Larry Switzer** was inducted into the Manitoba Sports Hall of Fame as a builder in the sport of track and field. Larry was honoured at the 28th annual induction dinner held at the Victoria Inn. The awards ceremony included a brief video showing Larry as an accomplished cross country and track runner in the early 1970s, who later worked as a volunteer, manager, administrator, coach and teacher in athletics from the late 1970s to the present.

Larry worked in the St. James Assiniboia School District as a physical education teacher from 1974 – 2006 at Sturgeon Creek High School and John Taylor High School. During that period, Larry also served in a volunteer capacity, as a Manager and Team Leader with Athletics Canada for close to 20 years. He has been the Executive Director of Winnipeg Optimists Athletics (WOA) for the past 27 years. In 2003, Larry received the Commemorative Medal for the Golden Jubilee of Her Majesty Queen Elizabeth II, which was awarded to Canadians who made outstanding and exemplary contribution to their fellow citizens, their community or Canada. In 2004 he received Athletics Manitoba/Sport Manitoba Award of Excellence Volunteer Service.





The Winnipeg Optimist Athletics Club thanks
General Motors for the support of Coaching Education through the
GM Making Dreams Possible Club Coaching Program.

The GM grant of up to \$2000.00 allowed WOA to aggressively develop plans for coaching upgrading. When the funding was combined with support from Sport Manitoba through Athletics Manitoba, the Winnipeg Optimist Athletics club had more coaching education than anytime in its past 30 years.

Some of the projects achieved included:

- Three club coaches upgraded their coaching certification to Level 3 in the National Coaching Certification Program.
- Three club coaches attended National and International Coaching Seminars.
- A Sport Psychology session was held with club athletes and coaches.
- An online Training Diary is under development.



Making Dreams Possible

GM and the Coaching Association of Canada support coaches at all levels. For information on coaching grants, click here.



WOA COACH REPORTS FOR 2007/08

Coach Russ Zacharias (Sprint Group)

Cargill Indoors

Hailey Gajadhar 8th 60m, 3rd Triple Jump (Juvenile)
Tanner Twerdun 2nd 60m, 3rd 200m (Juvenile)
Kieran Moolchan 2nd 60m, 1st 60mH (Junior)
David Titterton 3rd 200m (Open)
Kieran Moolchan 2nd 60mH (Open)

Boeing Indoor Provincials

Hailey Gajadhar 6th Long Jump (Juvenile)
Tanner Twerdun 1st 60m (Juvenile)
Kieran Moolchan 1st 60m, 1st 60mH (Junior)

High School

Hailey Gajadhar 5th Triple Jump (JV)
Tanner Twerdun 1st 100m, 6th 200m (SV)
Dallas Clement 3rd 100m, 2nd 200m (SV)

Athletics Manitoba Provincials

Angela Reeves 3rd 100m (Midget Women)
Hailey Gajadhar 1st Long Jump (Juvenile/Youth Women)
Tanner Twerdun 2nd 100m (Juvenile/Youth Men)
Kieran Moolchan 1st 100m (Junior Men)

Juvenile/Youth Manitoba vs Saskatchewan Dual

Hailey Gajadhar 8th Triple Jump
Tanner Twerdun 3rd 100m, 1st 200m, 1st 4x100 relay (team member)

Legion/Youth Nationals

Tanner Twerdun 6th 100m, 2nd 4x100m relay (team member)

Junior Nationals

Kieran Moolchan 1st 110mH

CIS Championships (Indoor)

Kieran Moolchan 7th 60mH



Coaches Dallas Mooney and Wayne McMahon (Jumps and Combined Events Group)

Highlights included personal bests and a National Championship medal for **Nathan Labbe** in the Long Jump 7.38m. Personal bests also led to medal placings at the National Junior Championships for **Joshua Gundrun** (silver) in the Triple Jump (14.31m) and **Lucas Rodewald** (bronze) in the High Jump (2.07m).

- **Cliff Caines** finished 9th in the Pan Am Decathlon Championship with 7,261 points.

- **Alanna Boudreau** led all women Long Jumpers and Triple Jumpers in the province with 5.38m and 11.97m, finishing 7th in the Long Jump and 8th in the Triple Jump at the National Championships.
- **Dawn MacGregor** captured the 80m Hurdles Manitoba Age Group Championships to go along with her High School Championship in the 80m Hurdles. Dawn had a seasonal best of 13.11. She was first at the High School Championships in the Long Jump with a 4.89m and ended the season as the top ranked midget Javelin thrower at 24.46m.
- **Levi Sader** had seasonal bests of 12.37 in the 100m, 25.27 at 200m, 57.3 at 400m, 2:18.96 at the 800m in his first year of Midget competition to show great range and ability.
- **Vitaliy Bilenko** had a personal best of 2.80m in the Pole Vault.
- **Connor Zubrecki** made good progress posting 16.21 in the 80m Hurdles, 1.30m in the High Jump, 2.15m in the Pole Vault, 3.92m in the Long Jump and 22.15m in the Javelin.
- **Hunter Logozar** capped her season with a silver medal in the Shot Put at the Manitoba Power Smart Summer Games with 8.43m.

Coach Cathy Cullen (Distance Group)

Alastair Brown

- 1st in Junior 1500m and 2nd in 800m at Cargill Games
- 1st in 1500 and 4th in 800 at Boeing
- Athlete of the meet for 2008 High School Track and Field Championships. 1st in the 800m, 1500m and 3000m.

Bjorn Kristjanson

- 3rd in Midget 1500m and 3000m at Cargill Games
- 1st in the 3000m and 2nd in the 1500m at Boeing
- 2nd in the 3000m and 4th in the 1500m at the 2008 High School Track and Field Championships
- 3rd in 3000m at MB/SASK Dual
- Legion National team member. Competed in the 800m and 3000m

Quin Schrader - Legion National team member. Competed in the 800m and 1500m

Levi Neufeld - 4th in Midget 800m at MB games qualifier

Jordan Saccucci

- 1st place in Juvenile 800m at Cargill Games
- 1st in 800m and 2nd in the 1500m at Boeing
- 4th in the 800m and 1500m at 2008 High School Track and Field Championships
- 2nd in 800m at MB/SASK dual

Steven Madden-Newbold

- 3rd in Junior 800m and 4th in the 3000m at Cargill Games
- 4th in 1500m at Boeing

Jackie Adamson

- 1st in the Varsity 1500m at 2008 High School Track and Field Championships
- 1st in 3000m at MB/SASK Dual

Cathy Cullen

- 2008 Boston Marathon: 3rd Canadian female and 83rd overall with a time of 3:04:23 – a 3 minute PB from 2007 Manitoba Marathon. In an email, Cathy commented, “It was an absolutely amazing experience! Winter training was super tough, but I worked my butt off and I think it paid off. I will train this year with a goal of running well in June 2009 again.”
 - Note: Cathy competed in the 2007 Manitoba Full Marathon and finished in first place.
-

Coaches Shawn Cross/Dave Huebert (Sprint Group)

Michael Akins

- Outdoor High School Prov. - 1st place in 100m (11.64), 1st place in 200m (23.34)
- Legions National in Sherbrooke, PQ - 8th in 100m (11.53), 7th in 200m (23.88) & 3 in 4X100m relay (45.93)

Kristoff Hunter

- Cargill - 200m (24.89)
- Flying M- 60m (8.02)
- Boeing- 3rd in 60m (7.70), 3rd in 200m (24.90) & 5th 400m (56.73)
- Outdoor High School Prov. - 2nd in 100m (11.82)
- Legion National In Sherbrooke, PQ - 10th in 100m , 3rd in 4X100m (45.93)

Meagan Kubanek

- Cargill - 60m (9.09), 200m (29.18)
- Flying M - 300m (47.93)
- Boeing - 60m (9.04), 200m (29.58)
- Hershey Prov. - 100m (14.19), 4th in 200m (29.00)

Patrick Duncan

- Flying M - 60m (7.86)
- Cargill - 2nd in 60m (7.79), 4th in 200m (25.01), 3rd in 400m (56.88)
- Boeing- 2nd in 60m(7.69), 200m (25.01), 4th in 400m (56.39)
- Outdoor Prov. - 3rd in 100m (12.03), 3rd in 200m (24.56)

Natalie Van Der Zaag

- Boeing - 60m (9.20), 200m (30.93)
- Provincial- 2nd in 100m(13.89), 2nd in 200m (29.02)

Veronique Cormier

- Flying M- 60m (8.43)
- Cargill - 200m (28.64)
- Provincial - 1st in 100m (13.16), 1st in 200m(27.03)

Patrick Beckett

- Flying M- 300m (41.12)
 - Cargill - 4th in 60m (7.91), 3rd in 200m (24.86), 2nd in 400m (56.53)
 - Boeing - 60m (7.82), 200m (25.22), 400m (55.64)
 - Provincial- 5th in 100m (12.39), 4th in 200m(24.75), 6th in 400m (1.01.18)
-

Coach Scott Radley (Middle Distance Group)

Eva Brzezinska

- Bronze Medal 3000m– Boeing Provincial Championships

Conrad Drover

- Bronze Medal 800m– Boeing Provincial Championships
- Gold Medal 800m - Manitoba Age Class Championships
- Silver Medal 1500m - Manitoba Age Class Championships
- **Winnipeg Region team member – Manitoba Summer Games in Carman**

Hannah Gaensler

- 5th - Manitoba Age Class Cross Country Championships
- 4th 1500m - Boeing Provincial Championships
- 4th 1500m – Cargill Indoor Games

Mark Grondin

- Bronze Medal 800m – Cargill Indoor Games

Renee Grondin

- 2nd - Manitoba Age Class Cross Country Championships
- 4th 400m - Cargill Indoor Games
- 4th 800m – Cargill Indoor Games
- Gold Medal Javelin – MHSAA Championships
- Bronze Medal Tetrathlon – MHSAA Championships
- Gold Medal Javelin - Manitoba Age Class Championships
- Bronze Medal High Jump - Manitoba Age Class Championships
- Bronze Medal Long Jump - Manitoba Age Class Championships
- **Manitoba Youth team member – Dual with Saskatchewan**
- Bronze Medal Javelin – Dual with Saskatchewan

Janine Hebert

- 6th - Manitoba Age Class Cross Country Championships
- 5th 200m - Manitoba Age Class Championships
- 5th 400m - Manitoba Age Class Championships

Michelle Hebert

- Silver Medal 60mH – Cargill Indoor Games (Meet record set twice)
- Bronze Medal 60mH – Boeing Indoor Championships
- Gold Medal 60mH – Track Attack Series (Meet record)
- Silver Medal 80mH – Manitoba Age Class Championships
- **Manitoba Legion National team member**

Sarah Huebert

- Silver Medal 400m - Boeing Provincial Championships
- Gold Medal 800m – Cargill Indoor Games
- Silver Medal 400m – Cargill Indoor Games
- Silver Medal 800m – MHSAA Championships
- Bronze Medal 400m – MHSAA Championships

- **Manitoba Youth team member – Dual with Saskatchewan**
- Silver Medal 400m - Dual with Saskatchewan
- Bronze Medal 200m - Dual with Saskatchewan
- **Manitoba Legion National team member**
- 10th 200m – Legion Nationals in Sherbrooke
- 12th 400m – Legion Nationals in Sherbrooke

Melissa Kitching

- Gold Medal 100m - MHSAA Championships
- Gold Medal 100m – Manitoba Age Class Championships
- **Manitoba Youth team member – Dual with Saskatchewan**
- **Manitoba Legion National team member**
- Gold Medal 4-2-2-8 Relay - Legion Nationals in Sherbrooke (Provincial Record)
- 4th Long Jump - Legion Nationals in Sherbrooke
- 7th 200m - Legion Nationals in Sherbrooke

Carolyne Kroeker

- Silver Medal 400m – Regina All Comers Meet
- Gold Medal 1500m – Manitoba Age Class Championships
- Bronze Medal 800m – Manitoba Age Class Championships
- **Member of Jeux de la francophonie canadienne Manitoba team in Edmonton**

Brad Legare

- Gold Medal 800m – Cargill Indoor Games

Carlyne Millns

- Gold Medal 60mH - Boeing Provincial Championships
- Gold Medal 60mH – Cargill Indoor Games
- Gold Medal 60mH – Track Attack Series (Meet record)
- Gold Medal 80mH - Manitoba Age Class Championships
- **Winnipeg Region team member – Manitoba Summer Games**
- Gold Medal 80mH – Manitoba Summer Games in Carman

Taylor Richtik

- Silver Medal 4 x 400m - MHSAA Championships
- Bronze Medal 400m – Manitoba Age Class Championships

Lindsay Smith

- Gold Medal – Manitoba Age Class Cross Country Championships
- Bronze Medal 800m - Boeing Provincial Championships
- **Manitoba Youth team member – Dual with Saskatchewan**

Katie Takatch

- Gold Medal 400m – Regina All Comers Meet
- Silver Medal 800m - Manitoba Age Class Championships
- Silver Medal 400m - Manitoba Age Class Championships
- Silver Medal Long Jump - Manitoba Age Class Championships
- **Winnipeg Region team member – Manitoba Summer Games**
- Silver Medal 800m - Manitoba Summer Games in Carman

Dilendra Wanigasekara

- Silver Medal 400m - Manitoba Age Class Championships
- Silver Medal 800m - Manitoba Age Class Championships

UPDATE ON FORMER ATHLETES

- **Jared Macleod** is now living in Winnipeg and will be training and assisting with coaching WOA athletes.
- **Nathan Vadeboncoeur** is training and will be running with WOA in summer 2009.
- **Greg Miller** is at the University of Wyoming competing for their Cross Country and Indoor/Outdoor Track teams in the Mountain West Conference.
- **Michael Booth** has returned to Winnipeg after having spent the past year training with the Brooks Racing Team in Toronto. He will resume coaching with WOA.
- **Stephanie Romanson** continues to make good progress following her operation for compartment syndrome in June '08. Hoping to make a gradual return to competing during the upcoming indoor season, Stephanie is currently involved in rehab at the U of M training centre, as well as at the Pan Am Clinic where she has been using their newly acquired "Alter-G Treadmill". The only one of its kind in Canada to date, this specially designed "anti-gravity" machine was developed by NASA research and uses air pressure to reduce the force on your muscles & joints. It can allow a person to run to as low as 20% of their actual bodyweight.

RECORD-SETTERS in 2007/08

Indoor Season	Event	Performance	Competition	Date
Chantal Grant	Junior 200m	24.44	Boeing	Mar 2008
Sarah Boila	Juvenile & Junior Pole Vault	3.00m	Grand Prix #6	Feb 20/08
Carissa Gauthier	Midget, Juvenile & Junior Pole Vault	3.00m	Grand Prix #6	Feb 20/08
Dallas Clement	Juvenile 60m hurdles	8.81	Grand Prix #2	Dec 08/07
Mack Gajadhar	Member of 4x200m Relay team, Canada Games Prep Squad	1:34.31		Feb 16/08
Lucas Rodewald	Juvenile High Jump	2.06m	Grand Prix #1	Dec 07/07
Outdoor Season				
Kieran Moolchan	Junior 110m hurdles	14.35	Toronto	Jun 14/08
Sarah Boila	Juvenile & Junior Pole Vault	3.00m	Grand Prix #1	May 14/08
Carrissa Gauthier	Midget Pole Vault	2.90m	Grand Prix #2	May 23/08

ATHLETES NAMED TO TEAMS in 2007/08

World Junior Championships, Bydgosz, Poland

- Chantal Grant had strong runs in the 100m heats and the 4 X 100m Relay, but did not advance to the semi-final.

Pan Am Decathlon Championships, Campenato, Dominican Republic

- Cliff Caines scored 7,261 points for 9th against a strong international field in the decathlon.

Canadian National Championships

- Jared Macleod continued as one of the top hurdlers in the nation despite an early season injury in May. Jared finished second in the National Championships in the 110m Hurdles with a 13.74 and then headed to Europe where he ran a lifetime personal best of 13.52 with an aiding wind of 2.2m/sec. Jared just missed selection to the Olympic team.
- In his first year of senior competition, Nathan Labbe captured the Long Jump bronze with a 7.38m jump in the National Championships. Nathan was also the long jump silver medalist at the Canadian Inter-University Sports Championships indoors.
- In the men's 400m Nathan Vadeboncoeur ran a 47.05 for a bronze medal.
- Alanna Boudreau was a finalist in the Long Jump with 5.33m for 7th and finished 8th in the Triple Jump with 11.97m.

Canadian Junior Championships

- Kieran Moolchan, Chantal Grant, Joshua Gundrun and Lucas Rodewald medaled at the National Junior Championships.
- Kieran captured the 110m Hurdles in 14.52 into a 2.7m/sec wind and 14.44 in the heats. Kieran also ran strong 100 and 200m races.
- Chantal captured the 100m with a personal best of 11.77m and then returned for a bronze in the 200m with a 25.31 into a 3.1 m/sec wind. She was a member of the Provincial Junior 4 X 100m team that captured gold.
- Joshua Gundrun jumped a personal best of 14.31m in the Triple Jump to grab the silver medal.
- Lucas Rodewald jumped a personal best 2.07m to capture the bronze in the High Jump.

National Legion Youth Championships

Midget Women

- Melissa Kitching ran on the gold medal Medley relay team, finished 4th in the Long Jump with a personal best 5.01 and ran a strong 200m 26.45 to finish 7th in the 200m.
- Dawn MacGregor ran a 13.29 in the midget 80m Hurdles to advance from the heats but a foot injury made it impossible to finish in the final. Dawn was 8th in the Javelin final with a 23.05m toss.
- Michelle Hebert ran a seasonal best of 13.55 in the 80m Hurdles.

Midget Men

- Michael Akins and Kristoff Hunter took home bronze medals as member of the 4 X 100m team. Michael finished 8th in the 100m Final with 11.53 and 7th in the 200m with 23.88. Kristoff ran a strong 11.91 in the 100m.
- In the 800m, Quinn Schrader ran a 2:10.74 for 8th while Bjorn Kristjanson ran 2:17.66 for 10th. Quinn ran a 4:33.29 in the 1500m final. At the 3000m, Bjorn finished 6th with a strong 9:34.25 clocking.

Youth Women

- Treshia Hobson ran a seasonal best in the 100m of 13.37.
- Sarah Huebert finished 3rd in the B Final of the 200m with a 26.62 for 11th overall. Sarah ran a personal best 59.22 in the 400m for 12th overall.
- Ali Comeault was busy with a 4.75 Long Jump, 9.90 Triple Jump as well as competing in the 100m Hurdles.
- Pole vaulter, Carissa Gauthier tied for 4th with a 2.90m vault.

Youth Men

- In the 100m Tanner Twerdun ran a strong 11.34 for 6th in the final.
- Jamie McMaster ran a personal best of 49.73 for a bronze in the 400m and finished 8th in the 200m final with 22.90.
- Mack Gadjadhar, Wilfred Sam King, Tanner Twerdun and Jamie McMaster combined for a silver in the 4 X 100m with 43.92.
- Jordan Saccucci and Jamie McMaster were part of the bronze medalist team in the 4 x 400 with a 3:32.73.
- Arthur Buchanan scored a personal best of 4540 in the Octathlon including a personal best 1.90m in the High Jump.

Jeux de la francophonie canadienne Manitoba team in Edmonton – Carlyne Kroeker

WOA AWARDS FOR 2006/07

Award	Male	Female
Best Overall Hurdles	Jared Macleod	Dana Baker
Bet Overall Sprints	Nathan Vadeboncoeur	Caley Miskimmon
Best Overall Middle Distance	Colin Barnett	Stephanie Romanson
Best Overall Jumps	Nathan Labbe	Chaizo Nnadi
Best Overall Combined Events	Cliff Canes	Dana Baker
Best Overall Throwers	Cliff Caines	Renee Grondin
Outstanding PeeWee		
Outstanding Bantam	Levi Neufeld	Janine Hebert/Lindsay Smith
Outstanding Midget	Kristoff Hunter	Melissa Kitching
Outstanding Juvenile	Lucas Rodewald	Jackie Adamson
Outstanding Junior	Greg Miller	Miranda Lajoie
Outstanding Athlete	Jared Macleod + \$50	Alanna Boudreau + \$50
Ron Melnichuk Trophy	Mike Booth/Greg Miller	
WOA Jim Lyon Executive Award	Carolynn MacKenzie (\$50 each given to Male & Female Outstanding Athlete of the Year)	
WOA Executive Scholarship for 2007/08	Zach Durand & Kieran Moolchan (\$200 each)	



ATHLETICS MANITOBA STAFF UPDATE, 2008/09

Rob Guy	Managing Director	robguy@athleticsmanitoba.com	925-5745
Diana Stevens	Program Manager	diana_stevens@shaw.ca	925-5744
Shirley Allan-Boudreau	Communications & Membership Coordinator	shirley.athleticsmb@mts.net	
Wayne McMahan	Provincial Team Coach	gwaynemcmahon@gmail.com	261-0467

Upcoming events include:


Event	Date/Time	Location	Details
Registration	October 21/22, 2008 5:30– 7:30 pm	University of Manitoba	Opportunity for parents and athletes to obtain information on membership, training, competitions, awards, volunteering and officiating, and to ask questions about Athletics Manitoba programs.
Annual Awards Banquet	November 9, 2008 11:00 am	Assiniboine Gordon Inn on the Park 1975 Portage Ave	Cost Per Person: \$20.00 Please call Athletics Manitoba to confirm reservations 925-5744

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

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

FUNDRAISING OPPORTUNITY

RAISE CASH FOR YOU SCHOOL AND CLUB PROGRAMS THE EASY WAY...



YOUR SCHOOL/CLUB EARNS 10% OF SALES WITH SOBEYS GIFT CARDS

TO FIND OUT MORE, CALL ROB GUY AT 925-5745

ANNUAL AWARDS BANQUET FOR 2007/08

Winnipeg Optimist Athletics Awards Banquet

The Awards Banquet for 2007/08 will be held in November 2008 (date/location to be confirmed)

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



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

Athletics Manitoba Awards Banquet

The Athletics Manitoba Annual Banquet will be held Sunday, November 9, 2008 at 11 am at the Assiniboine Gordon Inn on the Park. For tickets, contact Diana Stevens, 925-5744 or athleticsmb@shaw.ca

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

The Athletics Manitoba Elite Athlete/Coach Funding is distributed at this event. In 2006/07, funding was awarded to athletes and coaches in grants ranging from \$500 to \$1,500.

The following WOA athletes received funding from Sport Manitoba Athlete Assistance Program (ManPlan) based on performance during 2006/07:

Nathan Vadeboncoeur	\$1,500
Jared McLeod	\$1,500
Lucas Rodewald	\$1,000
Nathan Labbe	\$1,000
Alanna Boudreau	\$1,000
Cliff Caines	\$1,000
Stephanie Romanson	\$ 500
Kieran Moolchan	\$ 500

WOA AWARDS/SCHOLARSHIPS

Parent Executive Scholarship for 2008/09

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

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

Zach Durand and Kieran Moolchan were each awarded a \$200 Scholarship for 2007/08.

Jim Lyon Parent Executive Award

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

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

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

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

The recipient for 2006/07 was **Carolynn MacKenzie**, and the scholarship of \$100 was split between the Outstanding Athletes of the year, **Alanna Boudreau and Jared Macleod**.

Performance Awards

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

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

The following athletes will receive awards for their performance at the 2008 National Championships:

Seniors	Juniors
• Jared Macleod – silver	Kieran Moolchan - gold
• Nathan Vabeboncoeur – bronze	Chantal Grant - gold
• Nathan Labbe – bronze	Josh Gundrun - silver
•	Lucas Rodewald - bronze

Funding for Self-funded National Teams

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

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

For **2007/08**, funding will be awarded to Chantal Grant - World Junior Championships in Bydgosz, Poland.

In 2006/07, funding was awarded to Greg Miller, Cliff Caines, Nathan Labbe and Lucas Rodewald.

Free/Reduced Membership

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

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

For **2008/09**, free memberships will be awarded to:

- Jared Macleod, Nathan Vadeboncoeur, Nathan Labbe, Chantal Grant, Kieran Moolchan, Lucas Rodewald, Josh Gundrun, Michael Booth and Greg Miller.

In 2007/08, free memberships were awarded to Jared Macleod, Nathan Vadeboncoeur, Cliff Caines, Alanna Boudreau, Stephanie Romanson, Nathan Labbe, Michael Booth, and Greg Miller.

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

Entry Fees for out-of-town competitions

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

Entry Fees for National Championships

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

Larry Switzer - Wayne McMahon Scholarship

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

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



Applications should be submitted to:

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

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

Recipients of the Larry Switzer/Wayne McMahon Scholarship include:

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

WOA-HOSTED EVENTS

Boeing Classic, Provincial Indoor Track & Field Championships, March 3, 5 - 7, 2009.

This three-day track meet is the best organized meet on the indoor schedule, as well as being the Provincial Indoor Track and Field Championships. Over 400 volunteers are required during the three day period to address the logistical requirements. The Boeing Elementary Relays will be held on March 3, 2009. **All WOA families must help at these meets.**



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

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

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

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

ALS/Ron Melnichuk Half Marathon & 5K Family Fun Run, August 2009

In the past, there has not been a fall marathon in Manitoba to extend the competitive season after the Manitoba Marathon in June. In 2002, Winnipeg Optimist Athletics in cooperation with The Running Room organized the first Ron Melnichuk Half Marathon at Bird's Hill Park.

The Ron Melnichuk Half Marathon is in memory of a well known, elite distance runner and WOA coach. Ron lived in Manitoba and travelled around the world successfully competing and coaching with national teams at international events. Ron Melnichuk died in 2001. WOA remembers and continues Ron's obsession for running and zest for life through this event.

The Ron Melnichuk Half Marathon encourages runners to continue training through the summer and offers the opportunity to display their athletic achievements by participating in a distance event in the fall. There have been approximately 500 participants each year since the inaugural event in 2002. In 2007 and 2008, WOA partnered with ALS to co-host this event.

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

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

VOLUNTEER REQUIREMENT

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

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

At the time of registration, all athletes and their families are asked to make a volunteer commitment for approximately four to five events during the indoor and outdoor seasons. Two of the events, the **Boeing Indoor Classic** and the **ALS/Ron Melnichuk Half Marathon**, are special projects which require a large number of volunteers.

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

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

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

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

FUNDRAISING OPPORTUNITIES

Bingos and Barbecues!

1. **Bingos:** If you wish to participate in bingos, please contact Joe Romanson at 255-1236 or jromanson@shaw.ca

a) Purpose:

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

b) WOA Commitment:

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

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

c) Benefits of working bingos:

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

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

d) Benefits of Athlete Account:

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

i) Eligible expenses for matched funds

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

ii) Eligible expenses for unmatched funds

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

e) Responsibility and consequences:

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

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

f) **Bingo Cancellation:**

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

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

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

a. **Optimist Christmas Trees:**

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

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

b. **Buffalo Barbecue:**

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

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



3. **Program for Boeing Indoor Classic, March 5 - 7, 2009**

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

UNIFORM NEWS

Samples of the WOA singlet will be available at registration on October 21 – 22, 2008. For uniform information, please contact Marie Adamson at 253-4268 or kadamson@mts.net.

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

Singlets:

- WOA offers singlets, but does not carry special WOA shorts. We recommend navy or black shorts to complement the singlet. Custom made shorts are available through Perfit Design
- All athletes must wear a WOA singlet and appropriate running shorts when competing on behalf of the club, as well as during medal/award presentations.
- Cost = \$32.00



Equipment Night:

- An equipment night will be held in early November 2008
- Items offered will include hoodies, sweats, track suits, track bags, cropped singlets, shorts, etc.
- WOA will not carry an inventory of these items and will only accept prepaid orders on equipment night.
- Delivery will be mid-December 2008.
- Pictures and prices will be posted at registration (October 21 + 22, 2008).
- When the dates for equipment nights are confirmed, info will be communicated to the membership via email.

TRAVEL OPPORTUNITIES

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

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



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

PARENT CHAPERONES

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

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

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

WOA ATHLETE TRAVEL POLICY

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

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

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



2008-09 Indoor Schedule

Tuesday, November 25 th	Track Attack #1	U of M
Friday, November 28	Brown & Gold Inter-squad	U of M
Saturday, December 6	Flying M	U of M
Friday, December 12	GP#1 (Last Chance)	U of M
Sunday, December 14	GP#2 (Last Chance)	U of M
Saturday, January 10	Prairie Dual	Saskatoon
Wednesday, January 14	GP#3	U of M
Wednesday, January 21	AM Elementary Relays	U of M
Friday, January 23	Track Attack #2	U of M
Friday, January 23	GP #4 (Multiple)	U of M
Saturday, January 24	GP#5 (Multiple)	U of M
Saturday, January 24	Jack Johnson Classic	Minneapolis
Saturday, January 31	Athletics Venture University/Pee Wee	U of M
Friday, February 6	Athletics Venture Elem Relay	U of M
Wednesday, February 11	Track Attack #3	U of M
Friday, February 13	Athletic Ventures Age Class	U of M
Saturday, February 14	Athletic Ventures Age Class	U of M
Friday, February 13	Iowa State Meet	Iowa
Saturday, February 14	Iowa State Meet	Iowa
Monday, February 23	Track Attack #4	U of M
Wednesday, February 25	Grant Prix #6	U of M
Friday, February 27	Can West Championships	Regina
Saturday, February 28	Can West Championships	Regina
Tuesday, March 3	Boeing Elementary Relays	U of M
Thursday, March 5	Boeing Age Class	U of M
Friday, March 6	Boeing Age Class	U of M
Saturday, March 7	Boeing Age Class	U of M
Thursday, March 12	CIS Championships	Windsor
Friday, March 13	CIS Championships	Windsor
Saturday, March 14	CIS Championships	Windsor
Saturday, April 4	Special O Meet	U of M
Saturday, April 25	Special O Meet	U of M
Friday, April 17	Coaches Clinic	U of M

Check Athletics Manitoba website for updated info and entry forms

200 Main Street, Winnipeg, Manitoba R3C 4M2 PH: (204) 925-5743 FAX: (204) 925-5792
athleticsmb@shaw.ca www.athleticsmanitoba.com

**WOA PARENT EXECUTIVE FOR 2008/09
as of October 17, 2008**

Position	Name	Contact	Email
President	Jack Booth	831-5805	jbooth@mts.net
Vice President	Doug Miller	488-1469	dgmiller@shaw.ca
Treasurer	Michael Gravenor	832-9098	mgravenor@shaw.ca
Secretary	Carolynn MacKenzie	489-0036	Themackenzies@mts.ca
Membership	Shelley Masson Brown	488-7971	csbrown1@shaw.ca
			Registration: smasson1@hotmail.com
Uniforms	Marie Adamson	253-4268	kadamson@mts.net
Bingo Coordinator	Joe Romanson	255-1236	jromanson@shaw.ca
Phoning/Communications	Donna Herbert Sheryl Smith	889-8426	djhebert2@hotmail.com sheryl.smith@gwl.ca
Club Records			
Director of Activities/ Coaching Coordinator	Larry Switzer	885-5714	Larry.switzer@shaw.ca
Athletics Manitoba 200 Main St. Winnipeg R3C 4M2 Fax - 925-5792 www.athleticsmanitoba.com	Rob Guy, Managing Director Shirley Allan Boudreau, Communications & Membership Coordinator Diana Stevens, Program Coordinator Wayne McMahon, Provincial Team Coach & Coaching Development Coordinator	925-5745 925-5744	robgyu@athleticsmanitoba.com shirley@athletics@mts.net diana_stevens@shaw.ca gwaynemcmahon@gmail.com



WOA COACHING STAFF FOR 2008/09
As of October 17, 2008

Name	Phone	Event	Email
Larry Switzer ¹	885-5714	Coaching Co-ordinator	Larry.switzer@shaw.ca
Wayne McMahon ²	261-0467	Jumps, Multiple Events	gwaynemcmahon@gmail.com
Melanie Gregg		Multiple Events	m.gregg@uwinnipeg.ca
Peggy Hamilton		Multiple Events	asteroide330@yahoo.ca
Marvin Nash	880-8025	Sprints	marvrn2@msn.com
Russ Zacharias	474-1626	Sprints	rzacharias.hurdle.coach@gmail.com
David Huebert		Sprints	huebert@mts.net
Dallas Mooney	261-0942	Sprints	writedallas@hotmail.com
Shawn Cross	831-7981	Sprints	shawn.cross@gmail.com
Art Stacey		Sprints	AJS@tdslaw.com
Omena Babalola		Sprints – coach/athlete	obabalola@shaw.ca
Kelly Loewen		Hurdles	kelly_loewen@hotmail.com
Jared Macleod		Sprints/Hurdles	jm_tiggs2@hotmail.com
Scot Dressler	888-2788	Pole Vault	scotydspvskillz@hotmail.com
Michael Booth		Distance	endurancematters@hotmail.com
Cathy Cullen	275-7354	Middle Distance	ccullen33@hotmail.com
Scott Radley		Middle Distance	sradley@sjsd.net
Claude Berube		Distance	Affiliated Coach ³ – Contact L Switzer
Glenn Bruce ⁴	261-3173	Sprints	Affiliated Coach – Contact L Switzer

¹ **Larry Switzer:**

National Team Manager, 1984 – 2004

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

² **Wayne McMahon:**

- Athletics Manitoba Coach of the Year, 2001, 2002, 2003
- Manitoba Coach of the Year (Developmental), 3M Coach of the Year, 1991
- Multiple Events Coach, Pan Am Junior Team, 1993
- Head Coach, Legion Athletic Camp
- Head Coach, Canada Games Team, Brandon 1997
- Event Coach, Western Canada Summer Games, Prince Albert 1999, Selkirk 2001
- Event Coach, Canada Summer Games, London 2003, Regina 2005
- Personal coach of J MacLeod, 110mh gold medallist at 2006 National Senior Championships

³ **Affiliated Coaches** coach WOA athletes; however they are associated with other organizations.

Effective October 2004, all member athletes must train with a WOA coach, or a coach affiliated/accredited by WOA.

⁴ **Glenn Bruce:** Personal coach of 2007 National Senior 400m bronze medalist (N Vadeboncoeur)

AOTC/WOA CLUB RECORDS

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

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

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

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



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

MEMBERSHIP FEES FOR 2008/09

WINNIPEG OPTIMIST ATHLETICS (WOA)

As of October 7, 2009

WINNIPEG OPTIMIST ATHLETICS	Fee	Includes
<u>Annual</u> membership - October 2008 to September 2009	\$200	<ul style="list-style-type: none"> • Meet entry fees (\$4/event) • Coaching honorariums • 50% National Championships entry fee • Travel opportunities • Opportunity to open athlete account and access matched funding • Subsidized tickets for Awards Banquet
New athletes <u>under the age of 13 as of December 31</u> (born 1996 or later) are eligible for reduced membership for first year	\$125	See above
<u>Summer</u> Membership - Covers April – September 2009	\$100	<ul style="list-style-type: none"> • Meet entry fees (\$4/event) • Coaching honorariums • 50% of cost of entry fee for <u>one individual event</u> at national championships each fiscal year. • Summer member athletes will not be eligible for performance awards or free membership based on placing at national championships.
<u>Associate</u> Membership	\$10	<ul style="list-style-type: none"> • Athletes who intend to take out a WOA summer membership in Spring 2008 are encouraged to register their intent through an associate membership. • The \$10 is applied towards the 2009 summer membership fee (\$100 - \$10 = \$90)
WOA Uniform (mandatory for new members) - Singlet or - Bodysuit	- \$32 - TBA	<ul style="list-style-type: none"> • WOA competition uniform to be worn when competing for WOA (rather than school team). • Includes Boeing Classic, Outdoor and Cross Country Prov Championships and other events when WOA pays meet entry fees.

Notes:

1. Cheques for WOA membership and uniforms should be made payable to Winnipeg Optimist Athletics (WOA) and forwarded to:
 Shelley Masson Brown
 644 Ash Street
 Winnipeg MB R3N 0R4
 488-7971 or smasson1@hotmail.com
2. Reduced, Summer and Association Memberships: Athlete is responsible for other fees (i.e. Athletics Canada/Manitoba membership, Indoor Facility Use Fee or Outdoor Users fee).



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

214-200 MAIN ST. WINNIPEG, MB R3C 4M2 TEL: 204-925-5743 FAX: 204-925-5792 EMAIL: athleticsmb@shaw.ca
www.athleticsmanitoba.com

2009 INDIVIDUAL MEMBERSHIP APPLICATION

Revised May 2008

Completed forms & payment should be submitted to your club registrar, who will forward to Athletics Manitoba

Name (Last, First) _____

Address _____ Phone (H) _____ (B) _____

City / Postal Code: _____ (Alt) _____ Fax: _____

Email _____ Club Membership _____
If left blank, you will be assessed NON-CLUB membership fees

Date of Birth ____/____/____ Gender M F Aboriginal (optional) Athlete with a disability

Place of Employment / School: _____

Degree / Position: _____

Athletics Manitoba accepts cheque, cash, Mastercard or Visa. Cheques made payable to Athletics Manitoba.

MEMBERSHIP FEES		
Membership is valid from January 1, 2009 – December 31, 2009		
<input type="checkbox"/> Athlete Membership	\$50.00	
<input type="checkbox"/> Exclusive Use for Athletes	\$245.00	
<input type="checkbox"/> Coach Membership**	\$15.00	
<input type="checkbox"/> Exclusive Use for Coaches	FREE	
<input type="checkbox"/> Official	\$15.00	
<input type="checkbox"/> Jr. Official	FREE	
<input type="checkbox"/> Associate	\$15.00	
<i>Please pay for only primary membership category, however please check all that are applicable</i>	TOTAL:	

**** Coaches Only:** Coaches must complete Respect in Sport course immediately or risk losing their membership.
Respect in Sport Number _____

Athletics Manitoba Sport Safety / Acknowledgement of Risk (this statement is part of the application for membership)
The responsibility for sport safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in sport, either while traveling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by Athletics Manitoba, its Divisions, its Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

Your name and address information, including email address, will be used to correspond with you regarding your membership, and to send you information about current and future Athletics Manitoba events and information. Athletics Manitoba may also contact you to conduct research and surveys in an effort to continually improve our programs and events. We also maintain and publish records of athletics results. Your personal information will not be used for any other purpose without your consent. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving us reasonable notice.

Athletics Manitoba uses photographs for a variety of projects. As such, Athletics Manitoba collects on an ongoing basis individual and group photos in and around athletics events. These photos are used, but not limited to, the promotion of track & field, road running, cross country events and programs or the association itself.

We ask for permission to use your photo, or your child's photo, in material to promote the benefits of Athletics Manitoba. I, _____ (please print name), waive ownership of any photographic records taken by Athletics Manitoba and agree to permit Athletics Manitoba to use my image, or my child's image, (in photographic, digital, or electronic form) for and in Athletics Manitoba publications, posters, website or other media, without limitation, and agree to not make any claim for misappropriation of personality, breach of privacy, or other loss or damages against Athletics Manitoba in respect thereof.

I further agree to inclusion of my name(s), or my child's name(s): yes no

Applicant signature – *ALL applicants must sign*

Parent / Guardian signature – *For applicants 18 and younger*

If this section is not signed, your application will be considered incomplete and you will not be considered a registered member.

Club Registrar Verification:

FOR OFFICE USE ONLY:			
Payment: Cash Amount _____	Credit Amount _____	Cheque # _____	Amount _____
Date Paid: ____/____/____	X-USE # _____	Membership # _____	



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

214-200 Main St. Winnipeg, Manitoba R3C 4M2 Tel: 204-925-5743

Fax: 204-925-5792 athleticsmb@shaw.ca www.athleticsmanitoba.com

2008-2009 EXCLUSIVE USE TRAINING PROGRAM

***This signed contract must be submitted before athlete / coach can access Exclusive Use Training Times.**

In partnership with the University of Manitoba Track & Field Team, Athletics Manitoba offers the membership the opportunity to train at the University of Manitoba Max Bell Centre indoors (Late October – Late April) and University Stadium outdoors (May – August.) Athletics Manitoba rents the facilities for three hours a day, six days a week and members can train without interference from other sports or general recreational members.

You must be an individual member of Athletics Manitoba in order to purchase an Exclusive Use Pass. Ten Visit Passes are also available for out of town athletes or those who would only be able to train occasionally. Passes purchased for road running and/or schools are valid from 6:00-7:30.

2008-2009 Information

Exclusive Use Indoor (Max Bell Centre)

Start: October 20, 2008

PLEASE NOTE THAT THERE WILL BE NO EXCLUSIVE USE OCTOBER 27-31; NOVEMBER 11 OR NOVEMBER 19

Exclusive Use Outdoor (University Stadium) Start: TBA

End: TBA

Times: Monday – Thursday 4:30 – 7:30pm Saturday – Sunday 11:00am – 2:00pm

Full Year Pass (Under 15) \$245.00

Ten Visit Pass \$50.00

Summer Pass (July/August)

\$30.00

*On occasion, Exclusive Use is not available due to the rental of the facility by another group. Athletes with facility passes may train elsewhere on campus, however group training is not allowed in other U of M facilities. Athletes without U of M Facility passes (under the age of fifteen) cannot train elsewhere. Efforts are being made to provide alternate training times. Please go to the Track & Field Event Calendar on athleticsmanitoba.com for cancellations and alternate times.

Exclusive Use Rules

- If someone is using the facility, but is not an Exclusive Use member, please have your coach or the customer service desk representative ask them to leave. The cost of Exclusive will continue to rise when users do not contribute to the rental cost.
- You must abide by the University of Manitoba Facilities Rules and Regulations, as posted.
- This time is for Track & Field Training – if you are doing other forms of training, such as plyometrics, weight training, etc, please move to an area where you are not interfering.
- **Training equipment is available – ATHLETES & COACHES ARE RESPONSIBLE FOR RETURNING EQUIPMENT TO THE STORAGE AREA. Failure to do so will result in loss of equipment privileges. Please intervene and stop the improper use of equipment.** Photo ID is required for all equipment and key loans.
- **Please report equipment damage / equipment in need of repair to the Athletics Manitoba Equipment Manager, Gord MacKay at gmackav@shaw.ca or athleticsmb@shaw.ca**
- **All concerns and complaints should be directed to Athletics Manitoba at athleticsmb@shaw.ca.**
- Other sport equipment is not allowed during Exclusive Use – i.e. soccer balls, basketballs, volleyballs, footballs.
- The high jump and pole vault pits are to be used for jumping / vaulting practice only. Please ask that all others remove themselves from the pits. Pits must be covered following use outdoors, or returned to storage area indoors.
- As renters of the facility, we are responsible for the removal of the tennis nets prior to Exclusive Use training times. If you need curtains and nets raised or lowered, please talk to the customer service desk staff. We are also responsible for sweeping the horizontal jump sand pits after use.
- Observe all posted signs – safety and respect are everyone’s responsibility – lane assignments, running direction, appropriate language, etc.
- Respect and obey the customer service staff
- Look in both directions before crossing the track, the horizontal & vertical jump area and the throwing areas.

I have read and agree with the rules stated herein. I understand that if all rules are not followed, I may lose Exclusive Use Training and/or equipment privileges.

Applicant signature – ALL applicants must sign

Parent / Guardian signature – For applicants 18 and younger

Paid: Cash ___ Cheque ___
 Amount: _____
 Date: _____
 AthMB # _____

WOA MEMBERSHIP APPLICATION 2008/09

Attach cheque and forward to:
 Shelley Masson Brown
 644 Ash Street
 Winnipeg MB R3N 0R4
 488-7971 or smasson1@hotmail.com

Athlete Name:	First:	Last:
Mother's Name:	First	Last (if different):
Father's Name:	First:	Last (if different):
Address:		
Postal Code:		
Telephone:	Home:	
	Business:	
	Cell/Other:	
Email: Note: Most WOA and AthMB communication is via email	Athlete:	
	Parent(s):	
Birthdate	Month	Day Year
Coach		

PERMISSION TO PARTICIPATE IN TRACK AND FIELD EVENTS

In consideration of my son/daughter/me being permitted to join Winnipeg Optimist Athletics (WOA), I, the undersigned _____, (insert name of parent or legal guardian or athlete's name if 18 years of age or over) of _____, (insert athlete's name if under the age of 18) hereby release and forever discharge Winnipeg Optimist Athletics, its directors, officials, agents, and coaches, or assigns, of and from all manner of actions, cause of action, suits, claims and demands whatsoever against Winnipeg Optimist Athletics, its directors, officials, agents, coaches or assigns for any loss, injury or death to my son/daughter/me and his/her/my property arising out of his/her/my participation in activities of Winnipeg Optimist Athletics. I, the athlete/the parent and/or guardian of the above-name athlete, hereby consent to my/his/her participation in any or all club programs offered under the auspices of Winnipeg Optimist Athletics.

 Signature of Parent / Guardian / Athlete (if 18 years of age or over)

 Date

PRIVACY POLICY

Your name and address information, including email address, will be used to correspond with you regarding your membership and current and future Winnipeg Optimist Athletics activities. We also maintain and publish records of athlete results. Your personal info will not be used for any other purpose without your consent. You may withdraw your consent to any further collection, use or disclosure of information about you at any time by giving WOA reasonable notice in writing.

From time to time, WOA makes its contact information available to other, carefully screened organizations (primarily sport organizations) that want to let you know about an event or service that might be of interest to you. If you do not want your contact info to be made available to third parties please check this box.

**WINNIPEG OPTIMIST ATHLETICS (WOA)
VOLUNTEER COMMITMENT FORM
2008/09**

An athlete's membership in Winnipeg Optimist Athletics must be supported by his/her family. WOA and Athletics Manitoba (the sport governing body for track and field) need your contribution of time. If there are insufficient volunteers and officials available, there would be no competition for athletes. The time and value of a parent's involvement in their child's activities are priceless.

1. WOA-hosted event:

All families are asked to assist at Boeing Indoor Classic Track Meet (March 3, 5 – 7, 2009) at U of M, Max Bell

2. Athletics Manitoba events:

During the 2008/09 indoor and outdoor seasons, WOA families (athlete/parents) are also required to commit to three – four additional events (totalling 12 – 15 hours) for volunteer service at Athletics Manitoba events. Dates and times will be confirmed through the Volunteer Coordinator and Phoning Committee.

I agree to fulfill my volunteer commitments to WOA and Athletics Manitoba and understand that failure to assist at required meets may jeopardize the membership of my athlete if I do not fulfill these commitments.

PRINT Athlete Name

Signature of Parent/Guardian/Athlete (if over 18)

Date