

Winnipeg Optimist Athletics

2007 – 2008 Handbook

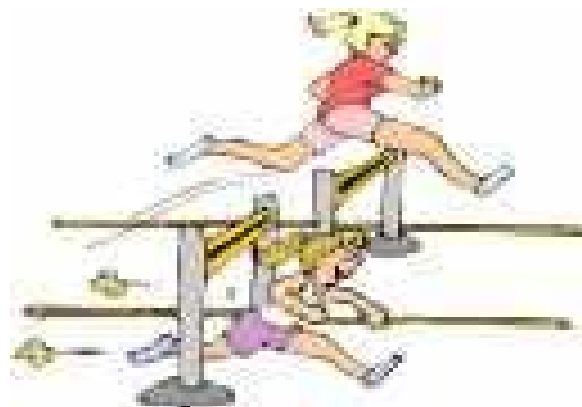
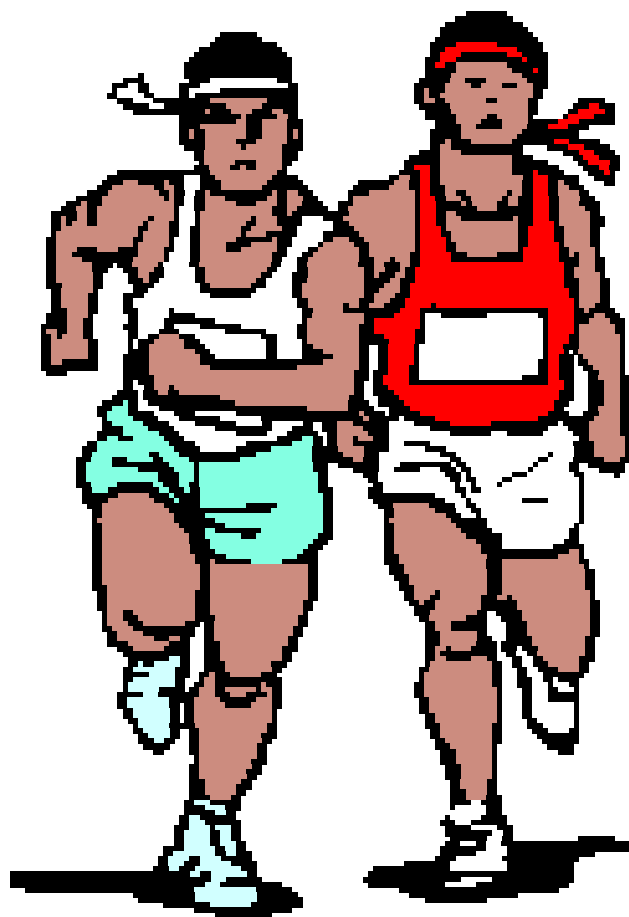


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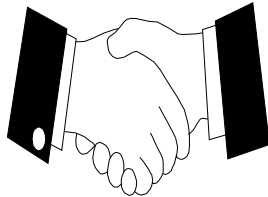
ACKNOWLEDGEMENT

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

from the Optimist Club of Assiniboia for the past 25 years
from Athletics Manitoba for the past 25 years
from Boeing Canada for the past 24 years
from The Running Room for many years

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 2007/08 will take place as follows:

- Tuesday, October 16, 2007, 5:30 – 7:00 pm at Sport Manitoba, 200 Main Street (athlete/parent orientation to follow)
- Thursday, October 22, 2007, 4:30 – 7:00 pm at Max Bell (track side), University of Manitoba

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 16 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 the Ron Melnichuk Half Marathon and 5K Family Fun Run

HIGHLIGHTS OF 2006/07

Winnipeg Optimist Athletics is well represented at the Provincial level of our sport. In 2006/07, **Larry Switzer** was elected President of Athletics Manitoba, **Jack Booth** was selected as Treasurer and **Carolynn MacKenzie** as Corporate Secretary. They are all members of the Executive Committee of the Board of Athletics Manitoba. **Doug Miller** is also a member of Executive Committee of the Board.

On September 5, 2007 it was announced that Larry Switzer will be inducted into the Manitoba Sports Hall of Fame as a builder in the sport of track and field. Larry will be honoured at the 28th annual induction dinner to be held November 17, 2007 at the Victoria Inn.

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 26 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.

WOA COACH REPORTS FOR 2006/07

Coach Russ Zacharias (Sprint Group):

Women:

- Ali Comeault, Juvenile: TJ 3rd High School (JV),
- Hailey Gajadhar, Midget: LJ 2nd Provincials, TJ 1st Provincials,
- Michelle Lavoie, Juvenile: 400m 2nd Provincials, 3rd 400m High School (JV)
- Miranda Lajoie, Junior: 1st 100mH Provincials, 2nd 100mH Regina Dual Meet,
- Kaitlin Pasishnik, Midget: 8th 100m Provincials

Men:

- Dallas Clement, Juvenile: 2nd 200m Provincials, 2nd 110mH and 2nd 200m Regina Dual Meet
- Curtis Finnon, Juvenile: 2nd 110mH Provincials, 1st 110mH High School (JV), 3rd 110mH Regina Dual Meet, 3rd 4x100 Relay member Regina Dual meet
- Kevin Haywood, Paralympian: 1st T-44 100m Senior Nationals, 1st T-44 200m Senior Nationals, 8th 200m U.S. Paralympic National Championships
- Michel Hebert, Juvenile: 6th 200m Provincials, 8th 400m Provincials
- Kieran Moolchan, Junior: 2nd 100m Provincials, 2nd 200m Provincials, 1st 110mH Provincials, 1st 100m High School, 1st 200m High School, 3rd 110mH WCSG, **3rd 4x100 Relay Team member WCSG (new Junior Provincial Record)**
- Blair Tully, Junior: 3rd 400m Provincials, 1st 400mH Provincials, 2nd 100mH High School (SR), 3rd 400mH Regina Dual Meet
- Troy Smook, Junior: 2nd 110mH Provincials, 2nd 100mH Regina Dual Meet
- Alex Venuto, Juvenile: 2nd 100m Provincials, 2nd 100m High School (JV), 3rd 200m High School (JV), 2nd 100m Regina Dual Meet, 3rd 200m Regina Dual Meet
- Dallas Clement and Alex Venuto were also both on the 1st place Juvenile 4x100 Provincial relay team and the 1st place Juvenile 4x100 team at the Regina Dual Meet.

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

- **Nathan Labbe** repeated as the **National Junior Champion** at Abbotsford, B.C. in the Long Jump with a 7.16m jump. He also finished 2nd in the Triple Jump with a 14.20m a mere 2cm out of first. At the **Western Canada Games**, Nathan captured gold in the Triple Jump with a 14.35 and silver in the Long Jump with a tie for the lead at 6.97 in rainy weather. Nathan picked up an additional bronze medal at the Games, anchoring the 4 x 100m relay and ran a personal best of 11.19 in the preliminaries of the 100m, finishing 7th in the Final.
- **Lucas Rodewald** competed at the **World Youth Championships in Ostavia, Czech Republic** finishing 13th in the High Jump, tying his official personal best of 2.04m. Lucas also picked up the Bronze medal at the Western Canada Games with a 2.01m and added a 7th place finish in the Pole Vault with a 3.20m. Lucas was also the Manitoba High School Champion in the High Jump at 2.00m and finished 2nd in the Long Jump with a 6.23m jump.
- **Alanna Boudreau** finished 5th in the Triple Jump with a seasonal best of 12.10m at the **National Senior Championships** in Windsor, Ontario. In the Long Jump, Alanna was 9th with 5.49m.
- **Zacharie Durand** captured the bronze medal at the **Western Canada Games** Strathcona County, Alberta with a dramatic finishing sprint in 56.86 and added a second with a leg on the bronze medal team with a 41.95. The team set a new Manitoba Junior Record. At National Juniors, Zacharie ran a personal best of 49.80 in the 400m, but was disqualified in the Final. At the Rural High School Championship, Zacharie captured the 100m, 200m and 400m Championships. At the AAAA High school Champs, Zach won the 200m and 400m with a personal best of 22.21 in the 200 and a strong 51.13 in the 400m; he was 2nd in the 100m with a personal best of 11.06.
- **Chiazo Nnadi** captured three medals at the **Western Canada Games** with a 5.35m Long Jump for first place, during some unseasonable cold rain. Chiazo jumped an 11.41m Triple Jump for third and was also part of the bronze medal 4 x 100m relay team that ran 47.35. She also ran a seasonal best of 12.87e in the 100m in the heats. At the Manitoba Championships, Chiazo unleashed a strong 5.68m to win the Long Jump.
- **Dana Baker** captured the bronze medal at the Western Canada Summer Games with a leap of 5.23m. Dana ran a 16.10 in the 100m Hurdles preliminaries of the WCSG to qualify for the final; and in the 400m Hurdles 1:06.65 in the heats and 1:07.10 in the final.
- **Kendra Baker** finished sixth in the Long Jump with a 5.06m and tenth in the Triple Jump with a 9.98m at the **WCSG**. She ran a personal best at **National Juniors** of 15.78 in the 100m Hurdles. At the AAAA High School Championships, Kendra went for the matching set of medals with 12.56 for gold in the 80m Hurdles, 5.22m for silver in Long Jump, and 10.29m for bronze in the Triple Jump.
- **Deondra Twerdun** threw a personal best of 9.45m at the **National Junior Championships** and improved to 9.53m to finish 9th at the **Western Canada Games**.
- **Nicole Bazin** proved to be the dominant jumper in High School events, capturing gold in the High Jump, Long Jump and Triple Jump with 1.60m, 5.25m and 11.05m performances.

- **Tanner Twerdun** had some solid performances at the National Legion Championships: 7th in Long Jump – 5.80, 9th in 100m, 11.62 and 23.90 in the 200m, plus a 4 x 100m relay leg. At the AAAA High School Championships in the Junior division, Tanner won the 200m in 23.24, finished 2nd in the 100m and Long Jump with a 11.44 clocking and 5.86m leap. At the Manitoba Championships, Tanner was the Juvenile Champ in the 100m with 11.74 and 200m with 23.77.
- **Justin McAdam** finished third in the Junior Men's Long Jump at the AAAA High School Championship with a 5.70m performance and 5th in the 100m with an 11.72. At the Age Group Championships, Justin was third in the Juvenile Long Jump with a 5.77m performance.
- **Thierry Marchildon-Lavoie** grabbed the Silver in the High Jump at the AAAA High School Championship with a personal best of 1.90m.
- **Dawn McGregor** qualified for the North American Hershey Final as part of the Winnipeg 4 x 100m Relay team. They went on to finish 6th in the Final with 52.54. In the Manitoba Provincial Hershey Final, Dawn finished 5th in the 100m in 13.70, 6th in the Ball Throw at 39.01m and 8th in the 200m in 29.0. Dawn ran a leg on the 4 x 100m relay team, that clocked a time of 53.45. At the Provincial Age Group Championships, Dawn finished 2nd in the 80m Hurdles in 13.66, 2nd in the Long Jump in 4.60m, 2nd in the Triple Jump in 9.11m, and 7th in the 100m with 14.12e.
- **Vitaliy Bilenko** captured the Midget Men's Pole Vault in 2.60m and finished 2nd in the 80m Hurdles, 2nd in the High Jump with 1.30m, 3rd in the Long Jump with 3.76m, 3rd in the Javelin with 18.42 in the Bantam Men's events.
- **Oleksiy Fedochynskiiy** competed in his first Manitoba Championships capturing silver in the PeeWee Long Jump with a promising 3.66m performance.
- Newcomer **Jordan Wood** grabbed the Bronze at the Man. Championships in the Juvenile Triple Jump with a personal best 11.64m.

Coach Dallas Mooney (Jumps)

- **Chazio Nnadi**: Western Canada Games Champion - Long Jump; Western Canada Games Bronze - Triple Jump
- **Dana Baker**: Western Canada Games Bronze - Long Jump
- **Kendra Baker**: Western Canada Games Team
- **Nicole Bazin**: Provincial High School Champion in the Triple Jump and Long Jump (and HJ)
- **Nathan Labbe**: Canadian Pan Am Junior Team; Canadian Junior Champion - Long Jump; Canadian Junior Silver Medalist - Triple Jump; Western Canada Game Silver Medalist - Long Jump; Western Canada Games Gold Medalist - Triple Jump
- **David Walford** (Bison T&F): Set juvenile provincial outdoor record in Triple Jump (13.65m); Placed 5th at Junior Nationals in the Triple Jump; Placed 4th at Western Canada Summer Games in the Long Jump; Provincial High School Champion in the Triple Jump and Long Jump
- **Boyd Canart** (unattached - Elkhorn): Long Jump and Triple Jump Champion at the Juvenile Prairie Dual

Coach Mike Booth and Cathy Cullen (Distance Group)

- **Greg Miller**
 - National Cross Country Championships, 8000m - 9th
 - NACAC Cross Country Championships, 6000m - 14th, Team Gold Medalist*
 - IAAF World Cross Country Championships, 8000m - 96th
 - High School Provincial Track & Field, 1500m - 4:07.10 (2nd); 3000m - 8:56.04 (1st)
 - Manitoba Outdoor Provincial Age Group Championships, 5000m - 15:19
 - Western Canada Summer Games, 5000m - 15:55.42 (8th)
- **Alastair Brown**
 - High School Provincials Track & Field, 800m - 2:00.52 (3rd); 1500m- 4:08.59 (3rd)
 - Manitoba Outdoor Provincial Age Group Championships, 800m - 2:01.79 (2nd); 1500m - 4:20.73 (1st)
 - Juvenile Dual, 3000m - 9:53.66 (1st)
 - National Legion Championships, 800m - 2:00.37 (7th); 1500m- 4:11.02 (9th)
- **Jaclyn Adamson**
 - High School Provincials Track & Field, 1500m - 5:04.21 (2nd)
 - Juvenile Dual, 3000m - 10:59.01
 - Manitoba Outdoor Provincial Age Group Championships, 3000m - 11:05.1 (1st)
 - Western Canada Games, 1500m - 4:52.3 (7th)
- **Jordan Saccucci**
 - High School Provincials Track & Field, 800m - 2:03.89 (1st); 1500m - 4:28.92 (2nd)
 - Juvenile Dual, 800m - 2:08.48 (3rd); 1500m - 4:23.55 (3rd)
- **Steven Newbold**
 - Manitoba Outdoor Provincial Age Group Championships, 1500m - 4:29.87 (2nd)
 - Juvenile Dual, 1500m - 4:22.05 (2nd); 3000m - 10:37.66 (2nd)
- **Scotty Dueck**
 - Manitoba Outdoor Provincial Age Group Championships, 1500m - 4:35.80 (3rd)
 - Manitoba Half Marathon, 13.1mi - 1:26.55 (25th)
- **Samantha Bakkum,**
 - Grand Prix, 800m - 2:47.97
- **Cathy Cullen**
 - Manitoba Full Marathon (1st)

Athlete Update:

- **Jared McLeod** is a former member of our training group who has had some great success. Now coached by Cliff Rovelto of Kansas State, Jared started in the club as a Combined Events athlete. This year he represented Canada at the **World Championships in Osaka, Japan** where he was a semi-finalist. He tied his personal best this year with strong times of 13.55 and 13.56 in the 110m Hurdles. Jared was 2nd in the National Senior Championships and competed in the Pan American Games in Brazil.

- **Cliff Caines** represented Canada in the Decathlon at the **North American, Central America and Caribbean Combined Events Meet** held in Dominican Republic, then finished second in the **National Senior Championships** in Windsor, Ontario with a Personal Best of 7,640 points in a close finish with only a few points separating the leaders. Cliff broke the Manitoba Native Outdoor Record in Pole Vault with a 4.78m Vault at the Manitoba Championships. Cliff will compete in Europe in Fall 2007 for an end of season competition.
- **Greg Miller** was named to **World Cross Country** team and travelled to Kenya in March 2007. Under extremely hot and humid conditions, Greg was one of few Canadians who was able to complete the race.
- **Stephanie Romanson** was a Silver medalist at 2006 Provincial High School Cross Country Championships (Senior Women), and age class gold medalist at Provincial X-Country Championships. At the MHSAA Provincial T & F Championships, she won gold in senior women's 400m, 800m and medley relay. At the Manitoba Provincials, Stephanie won gold in 400m and 800m. Stephanie won bronze in 800m at Canadian Junior National Championships in Abbotsford, and then gold in 400m at WCSG prep squad duel vs Team Saskatchewan (Regina). She finished the season at WCSG in Sherwood Park, AB winning gold in 800m, silver in 4x400m, and bronze in 400m.

Coaches Sharon Drake/Shawn Cross (Sprint Group)

- **Melissa Kitching** and **Dallas Duma** were name to Provincial Team to attend Legion Nationals.
- Melissa placed 6th in the 400m with a personal best time of 60.01, and 7th in the 200m.
- Dallas placed 8th in the high jump.
- Melissa Kitching and **Alexis Prychko** made the Provincial Team to attend the Juvenile Dual in Regina this summer.
- **Kristoff Hunter** and **Chris Andrusiak** made the Hershey team for the 4x100m in Pennsylvania.

During 2006/07, many athletes and coaches were **named to teams**:

- **Regina Prairie Juvenile Dual**: Melissa Kitching, Alexis Prychko, Alex Venuto, Curtis Finsson, Tanner Twerdun, Dallas Clement, Blair Tully, Troy Smook, Jordan Saccucci, Steven Newbold, Alastair Brown, Dawn MacGregor, Hailey Gadjadhar, Jordan Wood, Dallas Mooney (Coach), Alanna Boudreau (Coach)
- **National Legion**: Alicia Comeault, Hailey Gadjadhar, Melissa Kitching and Dallas Duma, Tanner Twerdun, Alastair Brown
- **Hershey**: Dawn McGregor, Kristoff Hunter and Chris Andrusiak, Alanna Boudreau (Coach), Dallas Mooney (Coach)
- **Western Canada Summer Games**: Chazio Nnadi, Dana Baker, Kendra Baker, Nathan Labbe, Kieran Moolchan, David Sczcepaniak, Caley Miskimmin, Lucas Rodewald, Greg Miller, Zacharie Durand, Blair Tully, Deondre Twerdun, Carissa Gauthier, Stephanie Romanson, Jaclyn Adamson, Miranda Lajoie, Troy Smook, Colin Barnett, Russ Zacharais (Coach), Wayne McMahon (Coach)
- World Cross Country, Kenya – Greg Miller
- Canadian Cross Country - Greg Miller
- Canadian Team to NACAC Combined Events Championships - Cliff Caines
- Canadian Team to Pan American Games - Jared MacLeod, Nathan Vadeboncoeur
- Canadian Team to World Championship, Osaka, Japan - Jared McLeod
- Canadian Team to Pan Am Juniors, Brazil - Nathan Labbe
- Canadian Team to World Youth, Czech Republic - Lucas Rodewald

Coach Scott Radley (Middle Distance Group)

- **Sarah Huebert** Junior Varsity
MHSAA 2nd Junior Varsity Girls 200m
MHSAA 2nd Junior Varsity Girls 400m
- **Renee Grondin**
Midget Javelin Provincial Champion
Western Canada Games Team
Midget Women Grand Prix Champion
Broke Provincial Midget Javelin record twice
- **Jordyn Bain**
Outdoor Bantam Women 80m Hurdles Champion
- **Brad Legare**
Boeing Indoor Provincial Champion 800m
Boeing Indoor Provincial Champion 1500m
Flying M 600m Champion
- **Danielle Somers**
Peewee 2006 Provincial Cross Country Champion
- **Janine Hebert**
Boeing Indoor Provincial Champion 400m
Age Class Outdoor Provincial Champion 400m 1:06:01
3rd in Outdoor Grand Prix Points for Bantam Women
3rd Outdoor Provincial Championships in 800m 2:32.42
3rd Boeing Indoor Games 800m 2:35.51
- **Lindsay Smith**
Bantam 2007 Provincial Outdoor Cross Country Champion
2nd Outdoor Age Class 1500m
2nd Outdoor Age Class 800m
2nd Boeing Indoor Provincial Championships 1500m
2nd Boeing Indoor Provincial Championships 800m
Flying M 1000m Champion
- **Devin Twomey**
2nd Outdoor Age Class Bantam Men 800m
2nd Outdoor Age Class Bantam Men 1500m
- **Carolyn Kroeker**
2nd place Boeing Indoor Provincial Championships 800m
1st Place Bantam Women Flying M Classic 600m

Record-setters in 2006/07 included:

- Kieran Moolchan, Nathan Labbe, David Szczepaniak, Zacharie Durand: 4x100 Relay Team at WCSG (new Junior Provincial Record) are all WOA club members.
- Cliff Caines: Pole Vault - new Provincial Native Record with jump of 4.78m
- Carissa Gauthier: Pole Vault - new Provincial Midget Record with jump of 2.50m set at Regina - WCSG
- Lucas Rodewald: High Jump - new Provincial Juvenile Record with jump of 2.04m set in Winnipeg and Ostravia
- Mike Booth: Manitoba Marathon Champion, 2005, 2006, 2007
- Cathy Cullen: Manitoba Full Marathon Champion 2007

WOA AWARDS FOR 2005/06

Award	Male	Female
Best Overall Hurdles	Jared MacLeod	Dana Baker Kendra Baker
Bet Overall Sprints	Nathan Vadeboncoeur	Chiazio Nnadi
Best Overall Middle Distance	Greg Miller	Stephanie Romanson
Best Overall Jumps	Nathan Labbe	Alanna Boudreau
Best Overall Combined Events	Cliff Canes	Amber Anseeuw
Outstanding PeeWee	Dalton Gavelin	Lindsay Smith
Outstanding Bantam	Kristoff Hunter Brenann Senchuk	Janine Hebert
Outstanding Midget	Jordan Succucci	Jackie Adamson
Outstanding Juvenile	Lucas Rodewald	Nicole Bazin
Outstanding Junior	Nathan Labbe	Deondra Twerdun
Outstanding Athlete	Jared MacLeod	Stephanie Romanson
Ron Melnichuk Trophy	Mike Booth	
WOA Jim Lyon Executive Award	Alanna Boudreau	
WOA Executive Scholarship for 2006/07	Nathan Labbe	

Athletes named to teams in 2005/06:

- **2006 Juvenile Dual:**
Dana Baker, Kendra Baker, Colin Barnett, Nicole Bazin, Vataliy Belinko, Alastair Brown, Scott Dueck, Zach Durand, Nathan Labbe, Greg Miller, Kieran Moolchan, Stevie Moore, Chazio Nnadi, Lucas Rodewald, Stephanie Romanson, Jordan Saccucci, Janelle Tougas, Blair Tully, Deondra Twerden
- **2006 National Legions:**
Jackie Adamson, Kendra Baker, Colin Barnett, Jason Crowley, Zach Durand, Greg Miller, Kieran Moolchan, Lucas Rodewald, Stephanie Romanson, Jordan Saccucci, Janelle Tougas,
- **2006 Commonwealth Games/World Indoors:** Jared McLeod
- **2006 Francophone Games:** Nathan Vadeboncoeur, Jared McLeod

ATHLETICS MANITOBA UPDATE

Dallas Mooney has joined Athletics Manitoba as Communications & Membership Coordinator. Dallas can be reached at 925-5743 or comm_athmb@shaw.ca for information on communications, media, sponsorship, the Athletics Manitoba website or membership questions.

Wayne McMahon continues in his role as Provincial Team Coach and Coaching Development Coordinator. In partnership with WOA, the University of Manitoba and the Royal Canadian Legion, Wayne works as the Provincial Coach. Two-thirds of his time is devoted to Athletics Manitoba and the remaining time is dedicated to the other partners. He assists and coach high performance and provincial team athletes and is a resource and support for all Athletics Manitoba coaches.

Upcoming events include:

Event	Date/Time	Location	Details
Parent & Athlete Open House	<ul style="list-style-type: none"> • October 16, 2007 • 7:00 – 8:00 p.m • immediately following registration 	Sport Manitoba	Opportunity for parents and athletes to obtain information on membership, training, competitions, awards, volunteering and officiating, and to ask questions about AthMB programs.
Annual Awards Banquet	<ul style="list-style-type: none"> • November 4, 2007 • 11:30 am 	Norwood Hotel, 112 Marion Street	Tickets: \$20.00 each <ul style="list-style-type: none"> • available at Athletics Manitoba • 925-5743 or athleticsmb@shaw.ca

The Athletics Manitoba membership year is changing and will now run from January 1 – December 31. New members will have a valid membership from time of purchase (fall 2007) through to December 31, 2008. Renewing members will pay for their membership at the usual time, but the number will change as of January 1, 2008.

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).

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

Athletics Manitoba continues its **Strategic Planning Process** with further development of our sport underway.

In 2008, **Sport Manitoba** will move the offices of its Sports Governing Organizations (SGO) from 200 Main Street to a new location. Details are being finalized and will be announced soon.

The **Canada Summer Games** will be held in Prince Edward Island, August 15 – 29, 2009. Athletics Manitoba will announce team staff for Canada Summer Games and preparation for team identification will commence shortly.

ANNUAL AWARDS BANQUETS FOR 2006/07

Winnipeg Optimist Athletics Awards Banquet

The Awards Banquet for 2006/07 will be held on Sunday, November 18, 2007, at 12 noon at the Caboto Centre, 1055 Wilkes Avenue.

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:

- \$15 for adults/athletes (or child 13 years old and over)
- \$10 for children 12 years old and under
- tickets are available from Doug Miller at 488-1469 or dgmiller@shaw.ca

Athletics Manitoba Awards Banquet for 2006/07

The Athletics Manitoba Annual Banquet will be held at the Norwood Hotel on Sunday, November 4, 2007 at 11:30 am (TBC). For information on tickets contact Athletics Manitoba at 925-5743 or comm_athmb@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 2005/06, a total of \$11,250 in funding was awarded to athletes and coaches in grants ranging from \$500 to \$1,500.

Recipients of funding from the Sport Manitoba Athlete Assistance Program (ManPlan) are also announced.

WOA AWARDS/SCHOLARSHIPS

Parent Executive Scholarship for 2007/08

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.

Nathan Labbe was awarded the WOA Scholarship for 2006/07.

Jim Lyon Parent Executive Award for 2006/07

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 five 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.

The recipient for 2005/06 was **Alanna Boudreau**.

Performance Awards

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

- First place = \$1,000
- Second place = \$ 750
- Third place = \$ 500

For 2006/07, the following athletes will receive awards for their performance at the National Senior Track & Field Championships held in July 2007:

- Jared MacLeod - silver
- Nathan Vabeboncoeur – bronze
- Cliff Caines - silver

In 2005/06, performance awards were given to Jared MacLeod and Nathan Vabeboncoeur.

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. This funding will be matched by WOA and limited to one self-funded team per fiscal year.

For 2006/07, matched funding will be awarded to the following:

- Greg Miller - Canadian Team to World Cross Country, Kenya
- Cliff Caines - Canadian Team to NACAC Combined Events Championships
- Nathan Labbe - Canadian Team to Pan Am Juniors, Brazil
- Lucas Rodewald - Canadian Team to World Youth, Czech Republic

In 2005/06, funding was awarded to Cliff Caines, Jared MacLeod, Nathan Vadeboncoeur and Maureen Switzer.

Free Membership

Full member WOA athletes placing in the top six at the Canadian Senior Championships or in the top three at the Canadian Junior Championships will be awarded a free membership for the following year (value = \$200). The athlete is responsible for other fees (Athletics Canada/Manitoba membership and Exclusive Use Facility fee, etc.).

New athletes under the age of 13 as of December 31 will be offered a reduced membership at \$100 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.).

For **2007/08**, free memberships will be awarded to:

- Jared MacLeod, 2nd in 110m hurdles at National Senior Championships
- Nathan Vadeboncoeur, 3rd in 400m at National Senior Championships
- Cliff Caines, 3rd in Decathlon at National Senior Championships
- Alanna Boudreau, 5th in Triple Jump at National Senior Championships
- Nathan Labbe, 1st in Long Jump at National Junior Championships
- Stephanie Romanson 3rd in 800m at National Junior Championships

For **2006/07**, free memberships were awarded to:

Jared MacLeod, Nathan Vadeboncoeur, Stephanie Romanson and Nathan Labbe

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

WOA-HOSTED EVENTS

Boeing Classic, Provincial Indoor Track & Field Championships, February 28 - March 1, 2008

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 February 26, 2008. **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 50 – 75 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

ALS/Ron Melnichuk Half Marathon & 5K Family Fun Run, August 2008

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 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.

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. Monies raised are used for the further development of athletes and coaches in track and field and road racing. WOA will host clinics, camps and competitions to benefit athletes and coaches of all ages and levels.

In 2007, WOA partnered with ALS to host this event. Many volunteers are required to assist at this event and support from all families is crucial to its continued success.

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

- 2001 Michael Booth
- 2002 Michael Booth
- 2003 Michael Booth
- 2004 Michael Booth
- 2005 Michael Booth
- 2006 Michael Booth

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 ten 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 required to make a volunteer commitment for approximately four to five events during the indoor and outdoor seasons. Two of the events, the **Boeing Classic** and the **ALS/Ron Melnichuk Half Marathon**, are special projects which require a number of families to participate.

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 10 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 (\$30)
- Payment of Athletics Manitoba Exclusive Use facility fee (\$275)

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. 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.

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 25 years.



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

3. Program for Boeing Indoor Classic, February 28 – March 1, 2008

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 16 and 22, 2007. 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.
- All athletes must wear a WOA singlet 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 2007.
- 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 2007.
- Pictures and prices will be posted at registration (October 16 + 22, 2007).
- 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 team traveling at anytime, and would welcome 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.

ATHLETICS MANITOBA FIXTURES for 2007/08

As of September 23, 2007

CROSS COUNTRY

07-09-22	Birch Open	Birch Ski Area, Roseisle MB
07-10-11	Provincial High School Championships	Birch Ski Area, Roseisle MB
07-10-18	School Team Challenge	Harbourview
07-10-20	Athletics Manitoba Provincial Championships	Harbourview
07-11-10	CIS Championships	Victoria BC
07-12-01	Canadian National Championships	Guelph ON

INDOOR TRACK & FIELD

Saturday, November 24, 2007	CLR Strictly Relays	Max Bell, Uof M
Saturday, December 1	Flying 'M' Fall Frolic	Max Bell, Uof M
Friday, December 7	Grand Prix #1	Max Bell, Uof M
Saturday, December 8	Grand Prix #2	Max Bell, Uof M
Wednesday, January 16, 2008	Grand Prix #3	Max Bell, Uof M
Friday, January 18	Track Attack #1	Max Bell, Uof M
Friday, January 25	Grand Prix #4	Max Bell, Uof M
Saturday, January 26	Grand Prix #5 & Multiple Event Championships	Max Bell, Uof M
Friday, February 1	Track At tack #2	Max Bell, Uof M
Saturday, February 2	Cargill Indoor Games: University, Senior & Pee Wee	Max Bell, Uof M
Thursday, February 14	Cargill Elementary Relays	Max Bell, Uof M
Friday-Saturday, February 15 - 16	Cargill Indoor Games: Bantam - Junior	Max Bell, Uof M
Tuesday, February 19	Track Attack #3	Max Bell, Uof M
Wednesday, February 20	Grand Prix #6	Max Bell, Uof M
Friday-Saturday, February 22 - 23	Can West Championships	Max Bell, Uof M
Tuesday, February 26	Boeing Elementary Relays	Max Bell, Uof M
Thursday-Saturday, February 28 - March 1	Boeing Provincial Indoor Track & Field Championships	Max Bell, Uof M
Thursday-Saturday, March 6-8	CIS Championships	McGill University
Tuesday, March 11	Track Attack #4	Max Bell, Uof M
Friday, March 14	Athletics Manitoba Elementary Relays	Max Bell, Uof M
Sunday, April 6	Special Olympics	Max Bell, Uof M
Saturday, April 26	Special Olympics	Max Bell, Uof M

Check Athletics Manitoba website for updated info and entry forms:

200 Main Street

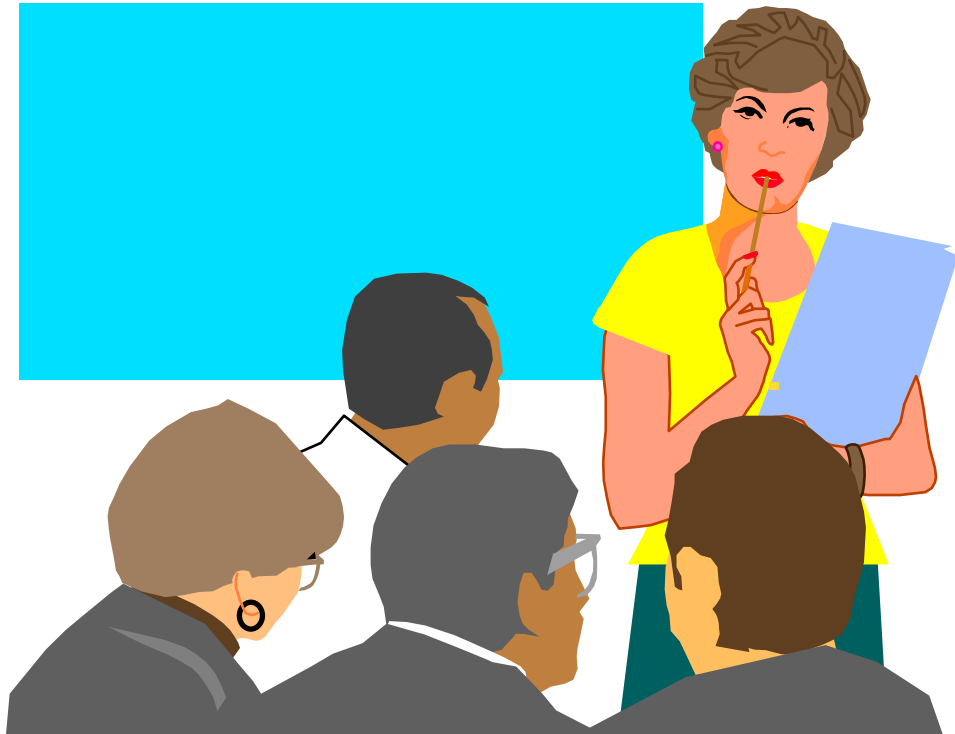
Winnipeg, Manitoba R3C 4M2

PH: (204) 925-5743 FAX: (204) 925-5792

athleticsmb@shaw.ca www.athleticsmanitoba.com

**WOA PARENT EXECUTIVE FOR 2007/08
as of September 23, 2007**

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@shaw.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	Shirley Allan Boudreau	489-2293	shirlab@mts.net
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	Donna Bell, Executive Director Dallas Mooney, Communications & Membership Coordinator Diana Stevens, Program Coordinator Wayne McMahon, Provincial Team Coach & Coaching Development Coordinator	925-5745 925-5743 925-5744	Dbell_athleticsmb@shaw.ca comm_athmb@shaw.ca diana_stevens@shaw.ca gwmcmaho@mts.net



WOA COACHING STAFF FOR 2007/08
As of September 23, 2007

Name	Phone	Event	Email
Larry Switzer ¹	885-5714	Coaching Co-ordinator	Larry.switzer@shaw.ca
Wayne McMahon ²	261-0467	Jumps, Multiple Events	gwmcmaho@mts.net
Russ Zacharias	474-1626	Sprints	rzacharias757@hotmail.com
Dallas Mooney	261-0942	Sprints	writedallas@hotmail.com
Shawn Cross	831-7981	Sprints	shawn.cross@gmail.com
Kelly Loewen		Hurdles	kloewen@sjsd.net
Sharon Drake		Sprints	sharon_drake@hotmail.com
Scot Dressler	888-2788	Pole Vault	scotydspvskillz@hotmail.com
Marvin Nash	880-8025	Sprints	marvrn2@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
Dermot McDonald		Jumps	Affiliated Coach – Contact L Switzer
Glenn Bruce ⁴	261-3173	Sprints	Affiliated Coach – Contact L Switzer
Omena Obabaloa		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 Shirley at shirlab@mts.net or 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 2007/08

WINNIPEG OPTIMIST ATHLETICS (WOA) As of September 23, 2007

WINNIPEG OPTIMIST ATHLETICS	Fee	Includes
Annual membership - October 2007 to September 2008	\$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 under the age of 13 as of December 31 (born 1995 or later) are eligible for reduced membership for first year	\$100	See above
Summer Membership - Covers April – September 2008	\$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.
Associate 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 2008 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).

ATHLETICS CANADA/MANITOBA MEMBERSHIP FOR 2007/08

Age Group	Year Of Birth	AthMB membership	UofM Facility Use Pass
Pee Wee (11 and under)	1996 + later	\$30.00 - for all age groups	\$225.00 - for PeeWee, Bantam, Midget athletes (under age of 15 yrs)
Bantam (12-13)	1994, 1995		
Midget (14 – 15)	1992, 1993		\$275.00 - for Juvenile, Junior, Senior and Masters athletes
Juvenile (16 – 17)	1990, 1991		
Junior (18 – 19)	1988, 1989		
Senior (20 and over)	1987 + earlier		
Master (35 th birthday & older)	1972 + earlier		

Notes:

1. Membership Year:

- The Athletics Manitoba Membership year now runs from January 1 – December 31.
- New members will have a valid membership from time of purchase through to December 31, 2008.
- Renewing members will pay for their membership in Fall 2007, but the number will change as of January 1, 2008.

2. Exclusive Use:

- Exclusive Use Members can no longer purchase U of M Recreation Facility Passes through Athletics Manitoba.
- Exclusive Use is ONLY the rental of the Max Bell facility for three hours per day as specified.
- 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.

3. Payment:

- Cheques should be made payable to Athletics Manitoba and forwarded to 200 Main Street, Winnipeg MB R3C 4M2, Phone: (204) 925-5743; Fax: (204) 925-5792; Email: athleticsmb@shaw.ca; Website: www.athleticsmanitoba.com.
- An athlete must be a FULL member of Athletics Manitoba to compete in Athletics Manitoba-sanctioned events.
- Athletes named to WOA, Provincial or National teams and/or receiving WOA, Provincial or National funding must be a member of Athletics Manitoba.

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

WOA MEMBERSHIP APPLICATION 2007/08

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: <small>Note: Most WOA and AthMB communication is via email</small>	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
2007/08**

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 (February 28, 29, March 1, 2008) at U of M, Max Bell

2. Athletics Manitoba events:

During the 2007/08 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