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● Spring | ● 2011

Manitoba On Track

KEEPING ATHLETICS MANITOBA MEMBERS INFORMED ON THE CURRENT NEWS WITHIN OUR ORGANIZATION

Directors Report

Welcome to the second edition of our newsletter, we hope that you will enjoy hearing about what is happening in our sport. June has arrived and our calendar is full. Road Running and Track and Field are in full swing and we hope that you are enjoying the many competitive opportunities our sport offers.

We have enjoyed getting out to the road races and track meets and are very encouraged by the great programs and events being offered and the impressive results being produced. Please continue to check our website www.athleticsmanitoba.com for the many events we have to offer.

I would like to take the opportunity to thank all those who attended the Athletics Manitoba Forum on May 31. We appreciate the feedback and look forward to working with all of you to continue to improve our sport. We look forward to the creation of the Coaching Council and the Long Term Athlete Development Committee. We believe that all of these initiatives help build our sport and thank the

many people who have come forth to assist in these endeavors.

As we look forward to hosting the Canadian Junior Track and Field Championships the next two years we are hoping that our community will step forward and volunteer at this national event. We are welcoming the nations top eighteen and nineteen year old athletes and hope that our community comes out to watch and volunteer. If you need further information please feel free to contact the office and we will connect you with the right people.



We wish all of our athletes the best of luck this outdoor season and thank you all for representing our sport so well.

Diana Stevens
Executive Director

COACHING MANITOBA EXCELLENCE AWARDS



Coaching Manitoba held their annual Awards Banquet last month and Athletics Manitoba was well represented. Nominated in the School System Category was Sisler Head Coach John Iwanski. And Nominated in the Grassroots Category were Andy tough together with Sue Zajac. Our Coaches faired well as all of them were chosen as finalists in their respective categories.

John Iwanski went on to be named the winner of the Peter Dick Award as the School Systems "*Coach of the Year*" *Congratulations John!*

[Click Here for More Information](#)

SPORT FOR LIFE GALA

Carly Paracholski nominated for Female Athlete of the Year

On April 28, Sport Manitoba held their "Sport for Life Gala" recognizing Manitoba's top athletes in Amateur Sport. Athletics Manitoba was represented by Carly Paracholski in the Female Junior Athlete of the Year Category. The recipient of this years award was swimmer Chantal Van Landeghem. Please [Click Here](#) for a list of all the Award Winners.



2011 Spring Training Camp

This Spring Athletics Manitoba sent a group of six Athletes and two Coaches to Phoenix Arizona for a 10 Days of Training . The Camp was organized to run in conjunction with Athletic Canada's High Level Performance Camp. Our Athletes were able to train along side Canada's best middle distance athletes under the expert guidance of Canada's Lead middle distance coach Wynn Gmitroski. John Iwanski (Manitoba's Western Canada Games Head Coach) and Sean Baynton (Athletics Manitoba Head Coach and Coaching Coordinator) conducted the day to day workouts. The athletes endured extreme heat with temperatures exceeding 100F on some days. Upon returning home from Arizona, Sean Baynton received an e-mail from Wynn Gmitroski. Wynn congratulated Athletics Manitoba for taking the initiative to organize the Training Camp. Wynn stated that Manitoba has taken the lead and has set an example for other Provincial Track & Field organizations to follow. Please read the following two contributions by Coach John Iwanski and Athlete Erin Teschuk for their views on the Phoenix Training Camp.

Coaches View

John Iwanski

It was the end of March. The day time temperatures were in the 90's Fahrenheit and Sean Baynton and myself had the pleasure of taking six athletes to a 10-day Training Camp on the green grass and spongy tracks in and around Phoenix Arizona.

As an added bonus, Phoenix is the winter training camp for some of Canada's national team and the Manitoba athletes had an opportunity to train with Canada's top middle distance runners. With some modifications, the Manitoba athletes followed their workout regime for a week. The Manitoba athletes embraced how serious and focused our top Canadian middle distance runners are and the mirror training experiences helped stretched their idea as to how and what top athletes do.

We were very pleased with how welcomed our athletes were and how readily they were accepted as part of the Canadian middle distance training center coached by Wynn Gmitroski, Canada's lead middle distance coach. Not only were we welcomed by some of Canada's elite athletes, the middle distance coach of Arizona State University gave the Manitoba group a tour of the campus and athletic facilities and provided tickets to an exciting track and field event that featured some great American runners.

By participating along side the Canadian national camp, the Manitoba athletes learned new training ideas with respect to weight training, race specific workouts, recovery methods (trigger point methods and Pilates), and how weekly programs are constructed. They experienced what being a full time athlete would look and FEEL like!. We were very impressed with how focused they were on training twice a day. No complaints from anyone. If anything we felt like we needed to hold them back – this group of Manitoba athletes love to work out! The 10-day Phoenix trip revolved around work outs and recovery, although we all made time for some fun, like dinners outs, outlet mall shopping and basking in the sunshine by the hotel pool. Sean and I were very pleased with how hard our athletes worked and much fun they had.

We all came back tired and a little sun burnt but looking forward to Manitoba spring training and eventually, our summer track program. Eventually because, it is May 1 and we have new snow on the ground – aah only in Manitoba! 🌱

Athletics Manitoba Sets the Standard for other Provinces to follow by conducting a High Level Training Camp in Phoenix Arizona

Athletes View

Erin Teschuk



This spring break, I had the opportunity to participate in a ten-day, middle distance training camp in Arizona, which was not only memorable but also extremely beneficial. Myself, along with five other high school athletes, were accompanied by Sisler High School coach, John Iwanski, and Athletics Manitoba's Sean Baynton, to travel to a warm climate, and experience a high level of training with the top runners all over Canada.

While there, we got into the habit of waking up every morning, and getting a good workout in before the heat reached it's peak in the middle of the afternoon. Mid-day we always looked forward to time spent shopping or relaxing at the pool after a hard training session. During this time we would always be reminded to "STAY HYDRATED!", as more often than not, we would embark into our 12-seater white van, and out into the heat for a second workout later in the day.

A highlight of the trip was definitely being in company of both coaches and athletes that were knowledgeable, focused, and determined. Not only did I have the pleasure of traveling and training with some of Manitoba's best middle distance athletes and coaches, but I was also lucky enough to meet and train with Canada's national team. Like ourselves, the Junior Team Canada Athletes had traveled down to Arizona to get a head start on outdoor training, as well as the opportunity to train with Wynn Gmitroski, Canada's top middle distance coach, and his team of athletes. As a high school athlete, meeting and training with these talented athletes and coaches was an exciting as well as an inspirational experience.

I feel that having this head start at the outdoor track in Arizona will really pay off in the upcoming season. I learnt many new training techniques involving warm-ups, muscle activation, resistance training, and injury prevention. As young athletes, we experienced workouts that were different than anything we had ever done, and I would say it is certain that all six of us Manitoba athletes have found ways to modify our training for the better. With the example of Wynn and his older athletes, trying new exercises and recovery techniques was exciting and helpful.

This experience has allowed me to go into this outdoor track season feeling optimistic and confident that I am more knowledgeable and a stronger athlete than I was prior to the training camp. I think I can speak for all six of us athletes when I say we are extremely appreciative of Mr. Iwanski and Sean for giving us this opportunity, and it was one that we will never forget. 🌱

Matthew Fitkowsky

*Kelvin High School Student with
lots of Potential*

Matthew Fitkowsky is a grade 12 student at Kelvin High School. He is a dominant Athlete in the Varsity High School and Junior Age Group in the 200M and 400M. Matthew was recently one of Manitoba's athletes that traveled down to Phoenix Arizona for Athletics Manitoba's Spring Training Camp. Matthew also attended the training camp last year at the request of Canada's Lead Middle Distance Coach Wynn Gmitroski. Matthew and his Kelvin High School Teammates recently traveled down to Sioux Falls South Dakota to compete in the Howard Wood Dakota Relays. They had a successful meet winning the bronze medal in the HS Boys 1,600 Mtr Sprint Medley Class AA with a time of 3:33.20. Matthew will be one of the athletes that will be competing at this year's Canadian Junior Championships July 8 to 10. We look forward to watching Matthew compete and wish him well in all his track meets this year and the future.

Athlete Profile

Matthew Fitkowsky
Kelvin High School



Events 200m / 400m
 Seasonal Goals: Win my events at MHSAA Provincials
Qualify for 400m Finals at Candian Juniors
 Most Memorable Track & Field Moment: Winning the 4 x 200m at Howard Woods. Placing 2nd at Youth Nationals 2 years in a row
 Superstions or Rituals: Eating French toast with diced Tomatoes for breakfast every race morning, wearing Same green warm up shirt, same grey warm up pants
 In 5 years... In University working towards a Masters in Physical Therapy
 Ultimate goals In Track
Run Internationally for Canada

For all
**ROAD RUNNING
EVENTS**
[Click Here](#)

Up Coming Events

May 28-29	SATT OPEN	U of M
June	Carmen Hershey Meet	Carmen
June 7	Dauphin Hershey Meet	Dauphin
June 8	Junior High Championships	U of M
June 9-11	MHSAA Championships	U of M
June 15	Grand Prix 2	U of M
June 16-17	Hershey Championships	Grant Park
June 25-26	WCSG Trials/ Man Age Class	U of M
July 8-10	Canadian Junior Championships	U of M
July 15 17	Midget Youth / WCSG Tri Meet	Regina
July 25-26	WCSG Prep / Open Meet	U of M
Aug 5-8	WCSG	Kamloops BC

Twins Going Separate Ways

*Paracholski Sisters to attend
separate U.S. Universities*

Sisler High School Track Athletes Carly & Meagan Paracholski have made their decisions as to where they will attend University next year. The decision was a difficult one as the girls had many options. They had to decide between remaining in Canada (at the Canadian Middle Distance Centre at the U of Victoria) or attend one of the many U.S. Universities that have extended full scholarship offers. Meagan Paracholski has decided to attend Cal State University at Fresno California (Fresno State). Carly Paracholski has decided to attend Arizona State University in Phoenix Arizona. The decision to go separate ways wasn't something that was intentionally planned by either one of them. The decisions to attend different schools came about because each one of them found the school that they thought was best for



The Same....yet Different!

them. Carly's decision was based on Arizona State's impressive NCAA history. Her decision was also influenced by the fact that she could keep in touch with Wynn Gmitroski. Wynn is Canada's lead middle distance coach and is based in Phoenix during the winter months. Wynn had worked out an arrangement with Arizona State prior to the girl's signings that he could be involved in their development if one or both of

them signed with ASU. Meagan's choice of schools came down to where she just felt where she would fit in and feel the most comfortable.

The Girls will undoubtedly find the next school year very different from anything that they have experienced thus far in their lives. They will be attending a new school, in a new city, in a different country, with new coaches, new teammates, living in a dorm, all without the support network of their usual friends, family, and especially *each other*. But the biggest change won't be in their lives, it will be in the lives of their parents. My wife and I are very excited about the opportunities that the girls have in front of them. We know that they will make us proud both on and off the track, as they always have. I will miss making them breakfasts at 6:00am before track practice; their daily chatter after school; and even their frequent bickering. There will be a large void in our lives after we see them off in California and Arizona. I'm grateful for the availability of Skype; Facetime; and iChat. But nothing will be as sweet as giving them a big hug when they return home for Christmas Break!

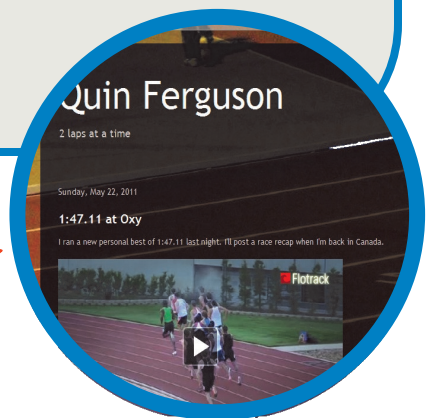
[Click Here for News Article](#)

Randy Paracholski

Quin Ferguson

2 laps at a time

Manitoba's Track & Field fans are always trying to stay current with what our athletes are doing. This is a little harder to keep track of when the athlete is living and competing abroad. Manitoba's Quin Ferguson, who is one of Canada's top ranked 800metre competitors has made this a little easier by creating and updating a Blog. You can keep current on what Quin is up to by clicking on this link: <http://www.quinferguson.com/>



Canadian Junior Track and Field Championships

Volunteers Needed!

The Canadian Junior Track and Field Championships are coming up this July 8-10, 2011. The Organizing Committee is still looking for anyone age 10 years and up to be a VOLUNTEER! Anyone that volunteers will receive free meals and a t-shirt. In addition they will also receive a event pass to the entire competition. If you are interested or have any questions, please contact Kevin Booker at: kevin.booker@redboinewealth.com



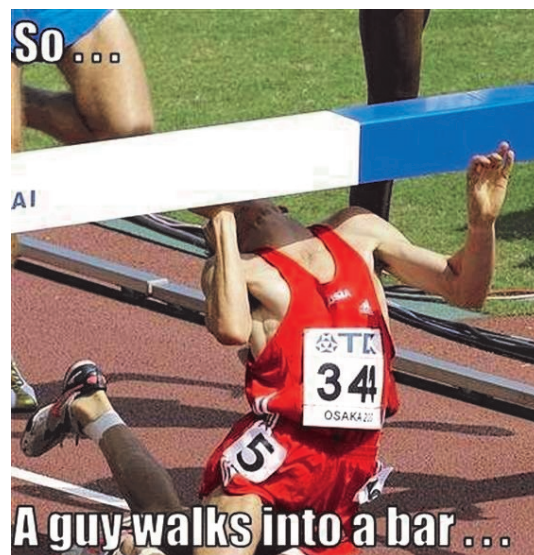
[Click here to Visit Canadian Juniors Championships Website](#)



This summer the finest young athletes will give all they've got on the track. Thanks to Hershey's, they can also help build fields and playgrounds for other youth by recycling their old kicks. Throughout the HERSHEY'S Track & Field Games, we will be

hosting a Nike Reuse-A-Shoe recycling drive www.nikereuseashoe.com and encourage athletes, coaches and spectators to get in on the action. Just bring your worn-out athletic shoes – any brand but no spikes – to the Provincial Meet and we will send them off to recycle them into Nike Grind, a premium-grade raw material used in sports and playground surfaces. And speaking of playgrounds, if we can increase participation by 10% in our province this season, will be in the running to win a HERSHEY'S Track & Field Playground.

Visit www.hersheystrackandfield.com/ for more details.



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